PRISON-SENTENCE BILL MAY COST MILLIONS, PG5

Celebrity Buzz

Mayer denies gay bar kiss

pg 30

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Health officer wants inhalation rooms for crack

STUDY The province's health officer is calling for inhalation rooms after a study was released yesterday that found people who smoke crack cocaine are at increased risk of becoming infected with HIV.

The findings were released by the Urban Health Research Initiative at the B.C. Centre for Excellence in HIV/AIDS.

Of the 1,048 injection drug users who participated in the Vancouver study, 137 contracted HIV by the end of the nine-year study.

Dr. Perry Kendall said there's a need for innovative harm reduction programs, similar to Vancouver's supervised injection site.

KRISTEN THOMPSON/ METRO VANCOUVER

Infection

- Smoking crack causes mouth wounds, which make people more vulnerable to infection, including HIV.

News on the Move

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SmallBusiness

Metro's series on Small Business Week will explore current issues affecting small businesses as well as profile successful small business owners. **See page 20 for more.**

On the web

Visit metronews.ca for news updates

Fashion

Sunny opening

CHRIS YOUNG/THE CANADIAN PRESS

A model wears a creation by the designer Sunny Fong yesterday during the opening show of Toronto Fashion Week. Go to metronews.ca for daily reviews, blogs, photos and more from Toronto Fashion Week.

Torch in the Big Apple

Premier chats up Games on Today Show in '10 scarf, mitts

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 Games

Vancouver's Olympic Torch made a pit stop in the core of the Big Apple yesterday morning.

Premier Gordon Campbell, wearing a 2010 scarf, a pair of red mittens and holding an unlit 2010 Olympic torch, appeared on NBC's Today Show in New York City's famous Rockefeller Plaza.

"Ten thousand torchbearers will carry it across the country," Campbell told Today Show hosts Matt Lauer, Meredith Vieira, Ann Curry and Al Roker.

"It goes through all the provinces, all the territories. It goes to 90 kilometres south of the North Pole."

Roker, who was also wearing a pair of the $10 red mittens — the sale of which helps Canadian athletes with training and equipment — jibed Campbell about the fact that Canada is the only nation to host an Olympics and not win a gold medal.

"That's changing," said Campbell. "In fact, those mitts you're wearing, these lovely red mitts … are going to help our athletes own the podium."

Campbell is on his way to Olympia, Greece for the lighting of the Olympic torch on Thursday. It will arrive in Canada on Oct. 30.

The Today Show will broadcast from Grouse Mountain during the Games.

PHOTO COURTESY OF NBC

Premier Gordon Campbell on the set of the Today Show in New York yesterday morning.

Linking welfare halt, criminal charges 'really cruel': Lawyer

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Come 2010, British Columbians on welfare who are facing serious criminal charges will likely be denied social assistance or have their current aid cut.

Rich Coleman, minister for Housing and Social Development, introduced amendments on the issue in the legislature yesterday, which would affect people with arrest warrants for murder, assault and drug trafficking.

Coleman said the aim is to get people to resolve criminal matters before they can get social assistance benefits.

He added that exceptions would be made for dependent children, pregnant women and the elderly.

Laura Track, a lawyer with Pivot Legal Society, said the legislation is draconian, counter productive and a "dereliction" of the government's duties.

"The government has an obligation to provide the basic necessities to everyone," she said. "Depriving people of minimum entitlements that enable them to feed and shelter themselves is … really cruel."

Track added that having an outstanding warrant doesn't mean the suspect is guilty and shouldn't be a basis of depriving people of social assistance.

"The only impact is going to be an increase in crimes of desperation," said Track. WITH FILES FROM THE CANADIAN PRESS

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Local

Molson buys Granville Island Brewery

Vancouver's iconic Granville Island Brewery has been sold to an Ontario beer maker. Creemore Springs Brewery, which is part of Molson Coors Canada, announced the purchase yesterday and said that Granville Island's brand image and brewing operations will remain unchanged.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

TRIBUTE Western Canada's first Michael Jackson tribute featuring a member of the Jackson family will be in Chilliwack in August 2010, news1130.com reports. Tito Jackson will play some Jackson 5 songs as well as some of his own material.

SECURITY This week will see the 2010 Integrated Security Unit carry out its largest dress rehearsal to date in the air and on the water in preparation for the upcoming Olympic Games.

FERRY West Vancouver city councillors debated a proposal on a ferry route that would link West Vancouver with Vancouver's downtown core last night.

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Video Provinces, territories receive first shipments of H1N1 vaccine: Aglukkaq, at **metronews.ca/canada.**

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War resister finds sanctuary

Church grants asylum to U.S. soldier who opposes Iraq war

STIG NIELSEN
for Metro Vancouver

A U.S. army soldier who was ordered to leave Canada on Sept. 11 has been given asylum by a Vancouver church.

Rodney Watson of Kansas City had just returned from a deployment in Iraq in 2006 when the U.S. army extended his contract for three years. Watson said he felt he had served his time and that he wasn't about to go back to a war he doesn't agree with.

"The main thing was the disrespect for the people — some guys would have a bad day and they would just beat up on some Iraqi civilians," Watson said.

He deserted three years ago and crossed the border into Canada, where he fell in love and became a father.

STIG NIELSEN/FOR METRO VANCOUVER

Rodney Watson at the Downtown Eastside's First United Church.

Since Sept. 18, he's been living at the First United Church, where he was granted asylum.

Minister Ric Matthews said he believes there are significant reasons to welcome Watson to the church.

"We at First United Church are committed to and respectful to the law, while we also at the same time seek to be true to our calling to uphold justice and fairness in all its dimensions," he said.

He added he believes Watson is the first Iraq veteran who has been given church asylum in Canada.

War resisters usually face prison time after deportation.

Driver accused of deaths was in delirium: Psychiatrist

JEFF HODSON
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COURT A man accused of killing two and injuring seven others was in an "abnormal mental state" when he crashed his pickup into a Maple Ridge sushi restaurant, a psychiatrist told the B.C. Supreme Court in New Westminster yesterday.

Dr. Shabehram Lohrasbe said there was no rational explanation why Brian Craig Irving, 53, allegedly smashed his pickup into Halu Sushi at Westgate Mall on Aug. 28, 2008.

Maija-Liisa Corbett, 19, and Hyeshim Oh, 47, were killed and a nine-year-old boy suffered a fractured skull and brain damage as a result of the crash.

Irving has pleaded not guilty.

Lohrasbe told the court that Irving was in a state of delirium brought on by alcohol withdrawal and possibly aggravated by a head injury to his frontal lobe and fasting.

In the doctor's opinion, Irving's alleged actions were the result of "acute perceptual abnormalities" and he hypothesized that Irving "literally didn't see the restaurant or people in front of him."

Irving, Lohrasbe said, was a longtime alcoholic who was suffering from hallucinations and delusions at the time of the incident, including believing his children were dead. He also saw his brother, who lives in Saskatchewan, show up on his doorstep with a bison.

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Complications possible should migrants be ID'd as Tamils

SHIP The possibility that a boatload of illegal migrants intercepted off Canada's West Coast are Tamils from war-torn Sri Lanka could create a dilemma for the government.

Officials for the Canadian Tamil Congress say they believe the 76 men found aboard the Ocean Lady, a small freighter escorted into Victoria by RCMP and navy vessels on the weekend, are Tamils who lost a civil war in Sri Lanka five months ago.

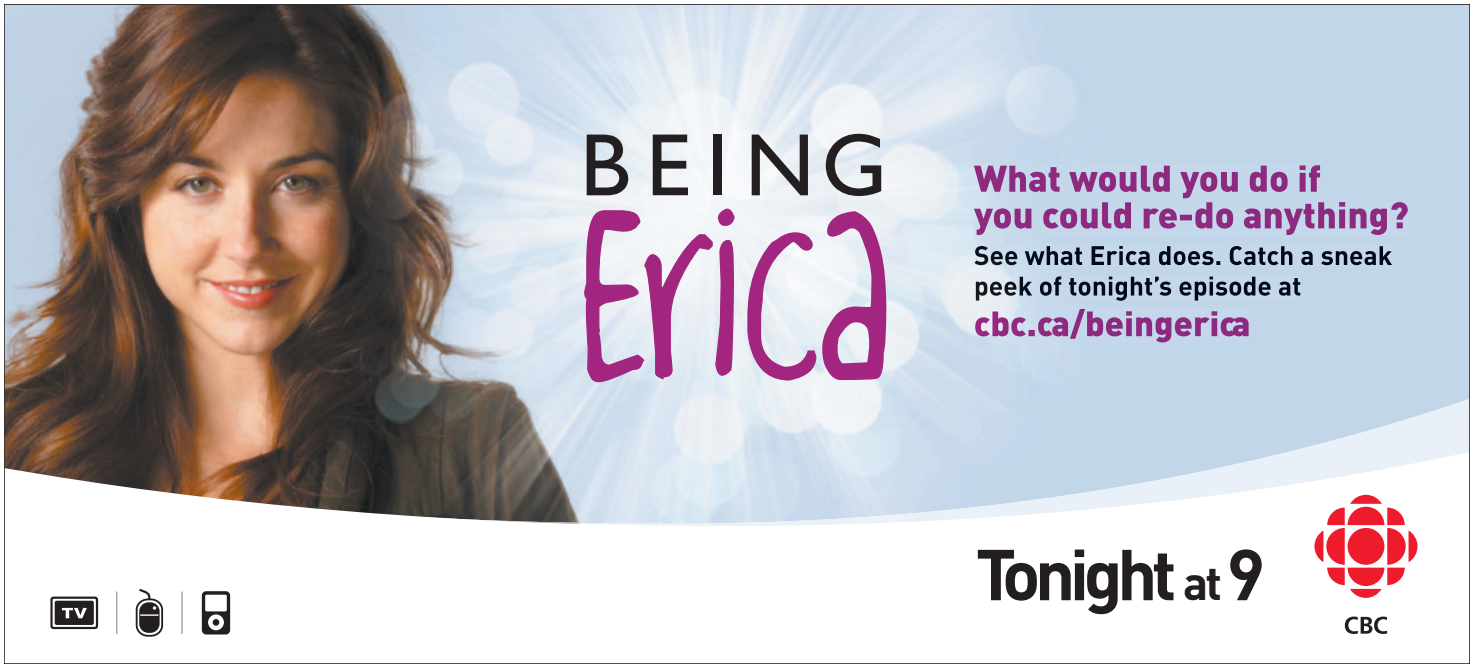
"These guys have no choice but to get out of there," said Roy Ratnavel, a Vancouver spokesman for the organization.

The ship's passengers and crew now are sitting in a Vancouver-area jail, awaiting detention hearings.

Vancouver lawyer Douglas Cannon said their situation could become complicated if any are found to have been members of the separatist Liberation Tigers of Tamil Eelam, the so-called Tamil Tigers.

The group's use of suicide bombers and other tactics put them on Canada's list of banned terrorist organizations.

THE CANADIAN PRESS



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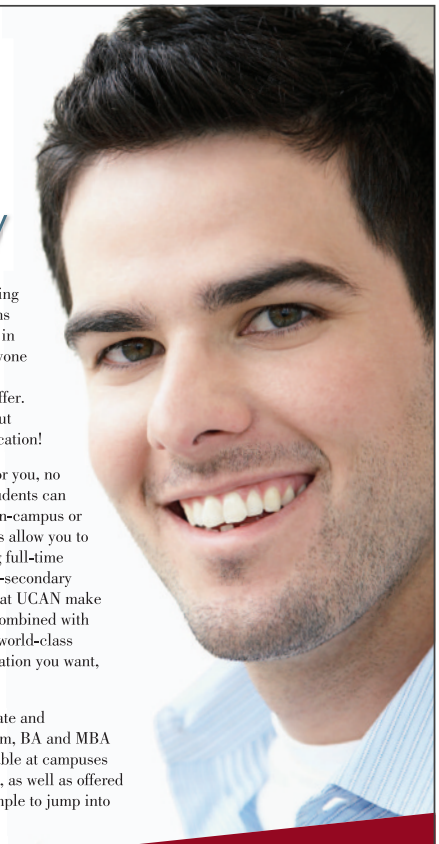

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4 local **Local named to Torch Relay crew**
Six aboriginal flame attendants, torchbearers and honorary fire keepers have been named for the 2010 Torch Relay, including Vancouver's Stephanie Albiston, 20. METRO VANCOUVER

Officer vindicated

Investigation finds cop's actions 'necessary' in shooting

KIMBERLY SHEARON
for Metro Vancouver

An internal investigation into the 2007 incident that saw a veteran police officer shoot and kill a man found the officer's actions "clearly reasonable and necessary," police said yesterday.

"In this case, it was a clear-cut situation where the officer was justified. He had no choice in the matter and no less violent means were available," said Vancouver police Chief Jim Chu.

The officer, who Chu declined to name, responded to a routine call about an impaired driver at the Shell gas station at East 41st Avenue and Knight Street on Dec. 17, 2007.

KIMBERLY SHEARON/FOR METRO VANCOUVER

Chief Jim Chu at Vancouver police headquarters yesterday.

Upon arrival, the officer, an acting sergeant with extensive field experience, found 21-year-old Rueben Coleman in "no condition to drive," Chu said.

A struggle ensued and Coleman produced a .45-calibre pistol and aimed it at the officer, who then shot and killed Coleman with his service pistol.

"I saw the video, and when you see something like that in real life — such a dangerous situation — it makes the hair on the back of your neck stand up," Chu said.

The investigation was conducted by the VPD's major crime section and reviewed by the Office of the Police Complaint Commissioner.

The officer is back on active duty.

Assault lands city man in hospital

CRIME A man remains in hospital with 27 face and skull fractures — including a broken jaw and orbital bones — after a dispute with his roommate Friday night, police said yesterday.

The victim's roommate, 61-year-old Ha Dai Tran of Vancouver appeared in provincial court yesterday morning on charges of assault with a weapon and aggravated assault.

Tran is not known to police, said Const. Lindsey Houghton of the Vancouver Police Department.

Houghton did not disclose what weapon might have been used in the alleged attack.

KIMBERLY SHEARON/
FOR METRO VANCOUVER

Mother of Surrey Six victim files suit

DEATH Two years after the death of her son, an innocent victim of the Surrey Six slayings, Eileen Mohan wants to send a message to B.C.'s gangsters: Enough is enough.

"We have to make a stand and say we, the common people, will not tolerate gangsters and drug dealers living among us — especially when they treat our innocent lives without any care," she said yesterday.

Mohan filed a writ of claim in B.C. civil court Friday and is looking for a lawyer willing to take her case. The writ names Dennis Karbovanec, who pleaded guilty last April to shooting her son, Chris. It also names alleged gangsters Cody Rae Haevischer, Matthew Johnston, Michael Le and James Bacon.

KIMBERLY SHEARON/
FOR METRO VANCOUVER

News in brief

CHILD PORN A Burnaby man awaiting trial for child pornography offences has been arrested again and charged with four more similar counts. Terrance George Bodaly, 52, had his bail hearing yesterday.

SHOTS Vancouver police received unconfirmed reports of shots fired at the 3200-block of Celtic Avenue Sunday night, but found no evidence to suggest any incident took place.

METRO VANCOUVER

Boiler explosion injures three

Three men were taken to hospital after a boiler explosion in a building used to provide heat and ventilation to federal government buildings in Ottawa. THE CANADIAN PRESS

Canada

Ottawa finalizing prison-sentence bill

Legislation would end two-for-one credit time

Parliamentarians are in the final stages of passing a prison-sentence bill without fully understanding the price tag or the repercussions on prison conditions — despite some estimates that the new measures could cost hundreds of millions of dollars.

Bill C-25 would put an end to the common practice of giving criminals a two-for-one credit for time served in jail before being sentenced. Instead, the bill would have judges give them a straight one-for-one credit for time served.

But MPs and senators have not been able to figure out how much it will cost to implement, or gauge how the prison population will be affected.

Officials have costed the proposal, but say they can't release their numbers because of cabinet confidentiality. Data from Statistics Canada, however, point to at least a 10 per cent increase in the federal prison population, and costs well over $100 million a year.

It's a cost the Tories say is well worth it.

"We're certainly going to make our decisions on the criminal code based on how do we keep the community safe. We're not going to make it based on if it's going to save a couple of bucks here and there," Public Safety Minister Peter Van Loan said in an interview. THE CANADIAN PRESS

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Routine upgrades justifying 'propaganda': Grits

OTTAWA The Harper government is plastering signs promoting its economic action plan on federal buildings that are receiving what Liberals say is routine maintenance.

Liberal MP Wayne Easter says a huge "propaganda" sign has been posted outside an RCMP building in Charlottetown, where door knobs are being installed.

"That seems to me like it should be regular maintenance," Easter told a news conference yesterday.

"For every (time Prime Minister Stephen Harper) screws a light bulb in a building, he'll probably have a sign out in front of it and it's your money."

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal MP Wayne Easter holds up a door knob in Ottawa yesterday. He pointed out that the Conservatives are placing economic action plan signs in front of government buildings that have only had routine upgrades such as door knob replacements.

The generic signs posted on projects trumpet the economic action plan but don't specify the work being done. THE CANADIAN PRESS

News in brief

TORTURE The federal government has rejected a call from MPs to compensate three Canadians tortured overseas. In a response issued late yesterday, the government said it "would be inappropriate" to do so because the three men are suing federal agencies.

TFSA The federal government is changing the rules regarding tax-free savings accounts to close several loopholes. The proposed amendments will make any income attributable to deliberate overcontributions and prohibited investments subject to the rules in the Income Tax Act. The tax-free savings accounts allow Canadians to contribute up to $5,000 a year. THE CANADIAN PRESS

MacKay wants answers on torture warning

POLITICS Defence Minister Peter MacKay says he intends to find out why reports warning of the possible torture of Afghan prisoners early in the Kandahar mission never made it to his desk.

He says neither he, nor his deputy minister ever saw diplomat Richard Colvin's reports that were circulated widely within both the departments of Foreign Affairs and National Defence, as well as among senior military commanders.

For over a year after the reports were filed, the Conservative government maintained it knew nothing of possible prisoner abuse. THE CANADIAN PRESS

Backlash

- All three opposition parties demanded answers in question period yesterday, saying they find it hard to believe that such stark human-rights abuse warnings could have been ignored by senior officials and not passed along to their ministers.

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Comment

Abuse of power may haunt Harper

NationalReport
Lawrence Martin
metronews.ca/nationalreport

In covering the Liberals a decade ago, I kept a file entitled "abuse of power." Over the years it grew in size. In it were reports of opposition Conservatives lambasting the Grits every step of the way — and promising a new way.

Today I keep an abuse of power file on the Conservatives. It doesn't have the same heft as the Liberal one, but it is growing rapidly, making unimaginable gains. Unimaginable because these same Tories watched the Grits fall from power largely because of corruption-related activities and promised the cleanup.

The cleanup? Let us behold this last month for example.

There's the revelation of Conservatives putting their names or party logos on stimulus funding cheques — cheques from taxpayer money, not their own.

There's the revelation they engaged in blatant favouritism by directing the great bulk of stimulus funding to their own ridings. Example: Peter MacKay's Conservative riding in Nova Scotia got $87 million in stimulus grants, more than all five Liberal ridings in the province combined.

There's the revelation that in making a recent economic update the Tories spent more than $100,000 to turn it into a campaign-style rally for the party.

The disclosures are not entirely surprising. The Conservatives began to abuse power before they even came to power. It was discovered that during the 2006 campaign — while Stephen Harper was pledging a new era of accountability — his political machine was operating a sly in-and-out scheme that camouflaged expenditures so as to allow his party to spend more than entitled under election regulations.

Many examples of abuse of power followed. But the Conservatives didn't suffer much. They could always point to the Liberal record. That's what Transport Minister John Baird did in the Commons yesterday — You guys did it, so it's all right for us to do it.

Charming.

If the Harper machine didn't have anything to hide, it wouldn't hide it. But reporters trying to get detailed information here are being stonewalled.

Back in Jean Chrétien's day, there was a similar stimulus spending controversy over a program called Transitional Job Funds. It led to Jason Kenney calling Chrétien "the king of pork."

History stunningly repeats itself. It isn't as bad in that the Harper machine has nothing as serious as a sponsorship scandal on its hands. But it's just as bad, if not worse, in that this is the prime minister who promised a new way.

He may well be haunted for hypocritically giving us the old.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

CanWest provides an important lesson

InBusiness
Charles Davies
metronews.ca/inbusiness

CanWest Global Communications will suffer yet another financial humiliation Nov. 13. That's the day the company's shares, each of which currently trades for less than the cost of a handful of Skittles, will be delisted on the Toronto Stock Exchange. CanWest was once a champion of media convergence. Today, it is a distressed company that is an example of enforced divergence, thanks to economic circumstances and hard-nosed creditors.

CanWest's disintegration has been predictable for some time. When you pile on about $4 billion in debt and rely on cyclical businesses like broadcasting or newspapers, whose fundamental business models are being reshaped by rapidly changing technology, you're very likely to run out of cash.

But while the company's descent into bankruptcy protection is an extreme case study in overambitious growth by acquisition, it should serve as a warning to the many companies that have increasingly relied on mergers and acquisitions to fuel growth rather than building from the inside out.

Particularly in the past decade, Canadian companies have been gobbling up competitors at home and abroad. The pressure to do so is obvious: If you don't indulge in the consolidation binge, your rivals surely will, and they will digest you in the process.

This voracious survival imperative has to be balanced against the risks of acquisitiveness.

Despite the risks, Canadian companies have healthy appetites. In the five years ended in 2008, they consummated 6,684 deals worth $587.6 billion, according to figures compiled by investment banker Crosbie & Co. In most years, close to half the value of acquisitions consist of Canadian companies either buying foreign-owned firms here or abroad, usually in the U.S.

Who says we're not risk takers?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

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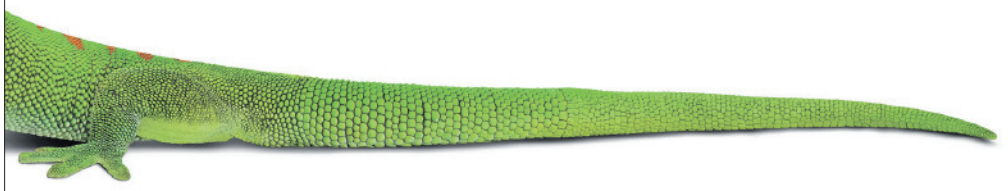

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U.S. pig tests positive for H1N1
At least one pig in the U.S. has tested positive for the H1N1 virus, the U.S. Department of Agriculture said yesterday, the country's first case of a pig contracting the virus. THE ASSOCIATED PRESS

World

MUSADEQ SADEQ/THE ASSOCIATED PRESS

Chairman of the UN-backed Electoral Complaints Commission Grant Kippen speaks in Kabul yesterday.

Fraud confirmed

Uncertainty clouds possible Afghan runoff election

Hundreds of thousands of votes cast in Afghanistan's presidential election will be thrown out of the final count after a Canadian-run United Nations panel confirmed yesterday the August contest was marred by widespread fraud.

The Electoral Complaints Commission, which is headed by Ottawa's Grant Kippen, submitted a report that sources say pushes incumbent Hamid Karzai's share of the vote below the 50 per cent threshold needed to prevent a runoff.

"We found a significant amount of fraud in the sample we looked at," Kippen said. It's up to the Independent Election Commission, however — a body over which Karzai wields influence — to decide whether or not to order a second round of balloting between the incumbent and his challenger, former foreign minister Abdullah Abdullah.

Speculation has been rampant that Karzai may not accept the ECC's conclusions. However, U.S. Secretary of State Hillary Clinton said the suspense would end today.

"(Karzai) is going to announce his intentions," Clinton said. "I am going to let him do that, but I am encouraged at the direction the situation is moving."

Clinton declined to say whether the Afghan president has decided to accept the ECC's recommendation and agree to a runoff.

Prime Minister Stephen Harper also spoke yesterday with Karzai and urged him to "maintain an unqualified commitment to the constitutional democratic process in Afghanistan," spokesman Dmitri Soudas said in an email. THE CANADIAN PRESS

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News in brief

SUDAN President Barack Obama said yesterday that the U.S. will shift its policy toward Sudan to one based on working with their government instead of isolating it. Still, he said he will renew tough sanctions against them later this week. UN officials say war in Sudan has claimed at least 300,000 lives from violence and disease. They say some 2.7 million people were driven from their homes and at its height in 2003-2005, it was the world's worst humanitarian crisis.

KENYA A police official says an unknown number of people are trapped in the rubble of a collapsed building in the country's capital, Nairobi. Yesterday's disaster comes a week after an architectural association reported 65 per cent of structures in the country did not meet required standards. THE ASSOCIATED PRESS

No charges yet in balloon case

BALLOON Authorities investigating the Colorado family accused of perpetrating a hoax over their son's feared disappearance in a balloon to promote a reality show said yesterday they don't expect to bring possible charges until at least next week.

It will then be up to prosecutors to decide whether to file charges against Richard Heene or his wife, Mayumi.

The couple's lawyer, David Lane, has stressed the Heenes are willing to turn themselves in to avoid the spectacle of a public arrest.

Investigators say they want to question an associate of Richard Heene after emails surfaced showing the two discussed a balloon hoax months ago for publicity for the reality show.

Robert Thomas of Denver claimed Heene had told him he was planning a media stunt to promote a proposed reality show.

Thomas sold his story to blog Gawker.com and provided the website with email exchanges between him and Heene. Thomas said the show would feature Heene as a mad scientist who carries out various scientific experiments. THE ASSOCIATED PRESS

Next week?

- Larimer County sheriff's spokeswoman Eloise Campanella said that investigators don't anticipate finishing their reports and presenting them to the district attorney's office until next week.

Riot breaks out in Algerian capital

A riot broke out on the eastern edge of Algeria's capital yesterday after police moved in to tear down squatters' shanties. Witnesses say several dozen people appeared to have been hurt in the riot. THE ASSOCIATED PRESS

Iran talks off to 'good start'

Talks to persuade Iran to move most of its enriched uranium out of the country have gotten off to a "good start," the head of the UN nuclear agency said yesterday.

The comments by Mohamed ElBaradei, who heads the International Atomic Energy Agency, were significant because Iran earlier had signalled it would not meet Western demands for a deal under which it would send most of its enriched material abroad — a move that would delay its ability to potentially make a nuclear bomb.

Tehran has said it needs enriched uranium for nuclear fuel. But the West fears it could be used to make weapons, and the U.S. says Iran is now one to six years away from being able to do so.

Yesterday's Vienna talks between Iran and the U.S., Russia and France were focused on a technical issue with huge strategic ramifications — whether Iran is ready to farm out some of its uranium enrichment program to a foreign country.

ElBaradei appeared cautiously optimistic after the first day of closed meetings, saying most technical issues had been discussed and the parties would meet again this morning.

THE ASSOCIATED PRESS

Uranium agreement

- Western officials were attempting yesterday to implement what they said Iran had agreed to during Oct. 1 talks in Geneva — letting a foreign country turn most of its low-enriched uranium into higher grades to fuel its small research reactor in Tehran.

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President vows to crack down on Brazil's drug traffickers

PROMISE Brazil's president promised yesterday to battle drug traffickers who triggered a weekend of bloody chaos that killed 21 people in Rio de Janeiro just two weeks after the city won the 2016 Olympic games.

"We'll do anything it takes and make all necessary sacrifices so we can clean up the mess that these people are imposing on Brazil," President Luiz Inacio Lula da Silva told reporters in Sao Paulo.

Rio police said the death toll from weekend clashes between rival gangs had risen from 14 to 21 because more bodies were found in the Morro dos Macacos slum, where the shooting also downed a police helicopter, killing three officers.

Silva said the federal government will provide more funding to state authorities to combat the drug gangs that control many of Rio's 1,000 slums, and will give police a bulletproof helicopter.

THE ASSOCIATED PRESS

News in brief

FRAUD France's education minister has suspended the University of Toulon's president and two others for allegedly trying to stymie an investigation into a cash-for-diplomas scandal involving Chinese students.

THE ASSOCIATED PRESS

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Cops nab kicker

Steelers kicker Jeff Reed has been cited by Pittsburgh police for public intoxication and disorderly conduct outside a bar a couple of blocks from where the team beat the Cleveland Browns a few hours earlier. This is Reed's second brush with the law this year. Police say Reed will be mailed a summons to appear in city court. THE ASSOCIATED PRESS

Sports

Train derails race

A passing freight train forced the two leaders in Sunday's Des Moines Marathon race to wait for about a minute just 400 metres from the finish line. When the train finally passed, Kenyan Simon Sawe sprinted to a win in two hours, 24 minutes and 50 seconds. He won $3,000. Race director Chris Burch said yesterday it was an unfortunate circumstance beyond the control of race organizers. THE ASSOCIATED PRESS

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JIMMY JEONG/THE ASSOCIATED PRESS

Edmonton Oilers centre Patrick O'Sullivan scores a goal past Vancouver Canucks goalie Roberto Luongo last night in Edmonton. The Oilers won 2-1.

Canucks fall short

NHL result

Canucks 1 Oilers 2

AT

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Nikolai Khabibulin made 39 saves as the Edmonton Oilers held on for a 2-1 win over the Vancouver Canucks last night.

Sam Gagner scored the third period winner for the Oilers (5-2-1) who have won four of their last five outings. Patrick O'Sullivan scored Edmonton's other goal and assisted on Gagner's winner.

Some strong goaltending by Khabibulin early in the third kept Edmonton in it at 1-1 and they took advantage midway through the period as Gagner chipped a rebound over a sprawled Roberto Luongo during a scramble in front of the Vancouver net.

There was some drama at the end as Kyle Wellwood looked to have scored with the extra attacker in the final second, but a video review determined that time had expired before the puck crossed the goal-line.

Steve Bernier responded for the Canucks (3-5-0) who have yet to capture a win on the road in four attempts this season.

The Canucks conclude a short two-game trip in Chicago tomorrow.

THE CANADIAN PRESS

Phillies one win away from World Series

Phillies leads series 2-1

Dodgers 4 Phillies 5

AT

Jimmy Rollins lined a two-run double with two outs in the ninth inning off closer Jonathan Broxton and the Philadelphia Phillies rallied past the Los Angeles Dodgers 5-4 Monday night for a 3-1 lead in the NL championship series.

The defending champions can earn their second straight trip to the World Series with a victory at home in Game 5 tomorrow night. Cole Hamels, last year's NLCS and World Series MVP, will take the mound for the Phillies. Clayton Kershaw or Vicente Padilla will start for Los Angeles.

Trailing 4-3, the Phillies started their rally with one out in the ninth when pinch-hitter Matt Stairs walked on four pitches against Broxton. Stairs hit a two-run homer off Broxton in Game 4 of the NLCS last year at Dodger Stadium.

THE ASSOCIATED PRESS

Sports in brief

ALCS Jeff Mathis hit a two-out double in the 11th inning to drive home the winning run and the Los Angeles Angels survived a second straight thriller, beating the Yankees 5-4 yesterday and trimming New York's lead in the AL championship series to 2-1.

NFL Eddie Royal became the first player in Broncos history to return a kickoff and a punt for touchdowns in the same game, leading undefeated Denver to a wild 34-23 win over the San Diego Chargers last night.

THE ASSOCIATED PRESS

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

On the street

Metro asks: What do you think of the "turkey dump?"

• "My sister got the turkey dump ... It seems pretty common. It's different, it's new; it's college. People start new things. People change I guess."

– NICK CLARK, 18, FIRST-YEAR FACULTY OF ARTS STUDENT FROM CHICAGO, IL.

• "I thought I could handle all of this and I'd just contact him every day ... But now, I think it's kind of hard. I'm not sure what's going to happen. Maybe I have to break up with my boyfriend."

– JANE YOON, FIRST-YEAR COMMERCE STUDENT FROM SOUTH KOREA

• "It probably happens because at first, you don't really want to let go of what you had in high school."

– MOLLY BALTIERI, 19, SECOND-YEAR FACULTY OF ARTS STUDENT FROM SANTA BARBARA, CALIF.

• "I'm from a small town and when you come to university, there are so many more opportunities and so many new things to do, and your old boyfriend is just in your old world. Maybe you just want to try something new."

– JESSICA DELL, 21, FOURTH-YEAR BIOLOGY STUDENT FROM SALMON ARM, B.C.

It's not you, it's me

LINA TOYODA
for Metro Canada

Going away to university can be a new and exciting experience, a milestone on one's road to independence.

With excitement, change and imminent opportunities, many 18- and 19-year-olds tread into their new lives and that unknown first semester, leaving behind all that is familiar, even a high-school sweetheart.

Some young couples decide to stay together and try to make their relationship work across cities, schools and even time zones.

Unbeknownst to the first-year student, many things can change in about a month and a half, the time between the first day of school in September and the first holiday, Thanksgiving, which lands on a weekend usually in mid-October.

On the first visit home for many students, some unsuspecting high-school sweethearts will get blindsided. Sometimes called the "turkey dump," it's when a student breaks up with a high-school boyfriend or girlfriend while home for the Thanksgiving break.

"My roommate in first year, she did that," said Jessica Dell, 21, a fourth-year biology student at the University of British Columbia from Salmon Arm, B.C. "Her boyfriend was still in high school. He was a year younger and she went to university. She just met a whole bunch of new people and had new experiences and she was like, 'Yeah, I'm done with you.' It sounds kind of mean, I guess."

Dr. Doug Daher, a clinical psychologist at the University of Toronto who also has a private practice, says it's very unusual for a high-school relationship to last.

"Developmental changes are happening during this time. You are becoming a different person, the cards are changing, so to speak," said Dr. Daher. "This is a time for transformations in many areas including sense of self, confidence, knowledge and emotional capacity."

Jane Yoon, a first-year commerce student at UBC from South Korea, says she has a new view on her long-distance relationship with her boyfriend, a few weeks into the school year.

"When I was in Korea, I thought I could go to university and keep the relationship and it wouldn't be that hard," Yoon said.

"Now, it's so busy here and with the time difference, it's so hard to manage. I have my own schedule and he has his own schedule and it doesn't fit now, so we are kind of having troubles."

It seems natural for students to grow and change with their new surroundings. Along the way, many students find themselves having less and less in common with their friends from high school, simply because they don't share the same experiences anymore.

"It's tricky. It's a lot of time management between work, school and friends," says Molly Baltieri, 19, a second-year UBC arts student from Santa Barbara, Calif.

"It's a really big change and then once you get here, you realize that your friends back home are totally different. I definitely changed a lot and grew up a lot, and some of my friends back home aren't necessarily my friends anymore."

When it comes to relationship issues throughout the developmental stage — in your 20s — Dr. Daher says people are often asking themselves some complex questions like "Am I capable of loving someone?" and "Can I really be loved by someone?"

"These are existential questions, and college and university is a time to test the waters and really explore these deeper thoughts," he said.

Many unsuspecting high-school sweethearts will get blindsided by the 'turkey dump' this weekend.

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Learning Curve is a special feature that focuses on education and student life.

Caitlin Mayo's chocolate totem pole showpiece won the people's choice award.

B.C.'s own Caitlin Mayo, a confectioner/pastry cook competitor of Team Canada, is seen at the 2009 WorldSkills in Calgary last month.

France's final chocolate showpiece had a fashion theme of a woman with a hat.

PHOTOS BY VINCENT GHOU

VCC student brings home gold

LINA TOYODA
for Metro Vancouver

Vancouver Community College baking and pastry arts student Caitlin Mayo recently brought home dessert gold from the 2009 WorldSkills in Calgary last month.

Competing against the world's burgeoning pastry chefs over four days, Mayo, 20, won the people's choice award and the medallion of excellence.

The WorldSkills event promotes industry excellence on an international level with competitions in 45 skill categories in trades and technologies, including web design, robotics, cooking, welding and landscaping.

Her prized chocolate showpiece, which she described as "a modern and abstract take on the totem pole," took the people's choice award in the final presentation, when technical skills and the creativity of the young pastry chefs are culminated.

"I used vibrant colours and it was flashy, which is a very popular style right now," Mayo said. "Instead of faces, I used different shapes stacked on top of each other and it had a Haida-style raven as the main piece. It was a very eye-catching element."

Caitlin Mayo won the people's choice award and the medallion of excellence at the 2009 WorldSkills competition.

Mayo used a Haida-style raven as the main piece in her award-winning creation.

Each country is represented by an expert who acts as a judge for a portion of the competition. Mayo explained that the highest and lowest scores are then thrown out and the final score is averaged.

"The judging is very subjective," she said. "There's even a category called 'finesse.'"

She and her fellow competitors called the scoring system "the figure-skating of the 'Skills' world."

Mayo's passion for the art of pastries shows when she expresses her admiration for her competitors' chocolate showpieces.

"One of my favourites was from Austria," she says. "They did a beautiful peacock. How they put the tail together was amazing, and I liked France's showpiece. It was a fashion theme — a woman with a hat — and it had very clean lines."

Inspired by her mother during her childhood through baking cookies and other sweet things, Mayo said she knew what she wanted to do with her life at the age of 16 when she started her pastry-career training.

It's rare for a teen to know what she wants to be when she grows up, but Mayo says that in the world of pastry chefs, 16 is not considered an early start.

She said the WorldSkills competition has a young age limit of 22 because many pastry chefs, particularly in Europe and Asia, begin training at a young age.

Rather than letting it be a disadvantage, Mayo in fact embraces Canada's culture and diversity into her pastry arts.

She says she has more creative freedom in a way, without the established influences and old cultural traditions of pastries in some European countries.

"Because we have so many foreign influences, I think I'm a very well-rounded pastry chef and people are often surprised," she said. "Canadians — we're a cultural mosaic. We take the best of everything and make it our own."

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Learning Curve is a special feature that focuses on education and student life.

SUBMITTED PHOTOS

Brooke Bailey with one of the cheetahs in the Garden Route Game Lodge in Africa, left. At right, Bailey feeds one of the cheetahs.

Going into the wild

Subsidy allows student to work with wildlife in Africa

DANIEL TAM
for Metro Vancouver

Nursing baby elephants and feeding cheetahs may not be typical volunteer duties, but that is exactly what a UBC Okanagan student spent her summer doing.

Brooke Bailey, a fourth-year bachelor of science student, spent two months volunteering in Africa with the help of the university's International Education Travel Subsidy.

"I just needed a means, and the university had a travel subsidy and so I applied for it," said Bailey.

The financial support provided Bailey, 22, with an opportunity to volunteer abroad and work with veterinarians to take care of different animals, something she said she had always wanted to do.

"Working with vets and wildlife, it's in my blood," said Bailey.

Through a volunteer group that Bailey chose called Edge of Africa, she decided on how she would spend her two months there.

She spent her first month at an elephant sanctuary in Knysna, a town situated in the Garden Route area of South Africa.

The second half of her volunteering took place at the Garden Route Game Lodge where she learned how to treat a dart gun and how to immobilize animals.

Brooke Bailey feeds an elephant cub during her first month in Africa.

One of her tasks was to track cheetahs that were being rehabilitated back into the wild.

"Some days you'd be walking through the grass and, all of a sudden, the cheetahs come up and they'd get a little too close," said Bailey. "They'll come within three feet of your legs and pounce and hiss at you."

Other close encounters included dealing with a much larger animal.

"We darted a giraffe one day," said Bailey. "You're holding a giraffe's head down and you're monitoring the breathing and there's lots going on and it's an awesome experience."

> **"(The cheetahs will) come within three feet of your legs and pounce and hiss at you."** UBC Okanagan student Brooke Bailey

The subsidy, whose goals are to help students become "global citizens," gave Bailey the opportunity to work alongside vets to treat a wide range of different animals.

Through UBC Okanagan's program, Bailey was able to spend her summer in Africa, something that she said she would do "in a heartbeat" if the opportunity came up again.

"It's an awesome experience, and you get a cultural experience and you get an African experience," said Bailey. "Travelling is a whole new form of education I think."

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Learning Curve is a special feature that focuses on education and student life.

Extra-curricular activities, success linked

EVA LAM
for Metro Canada

Students looking for experiences beyond the academic can find plenty of opportunities right on campus.

At the University of Calgary, Kat Lord has gone from taking part in extra-curricular activities to actively getting other students involved in them, part of her duties as the vice-president, events for the students' union.

"This just seemed like another place where I could do some good," says Lord, whose campus activities have included heading the school's feminist association and deejaying for campus radio.

"I really wanted to bring programming to campus that was diverse and that reached a variety of populations on campus."

Lord organizes both weekly events — for example, Wednesdays feature free, instructed yoga classes — and monthly themes. October is Wellness Month, and the programming includes a Heart and Stroke Foundation fundraiser, alcohol awareness day and health fair.

Organized weekly events at the University of Calgary include free yoga classes on Wednesdays.

But school-wide events aren't the only source of outside-the-classroom action to be found on campus.

There are more than 40 course unions at Ryerson University, where all full-time undergraduate students are automatically a member of their program's respective course union.

The Computer Science Course Union (CSCU) brings its members together with both professionally related and social activities. A popular event this month was Rye-Frag, a friendly video-game competition between students in the computer lab.

These sorts of events "let you get to know the people in your program, especially for first-years," says Robert Mazzatto, the CSCU's vice-president, communications.

Clubs are another way for students to make the most of their time at school. Ryerson's Urban Hip Hop Union (UHHU), which boasts a Facebook group of 600-plus members, aims to promote hip-hop culture in Toronto through activities ranging from panel discussions to dance workshops.

The students' union recently named UHHU the Student Group of the Year, an honour UHHU co-president Shakera Martin attributes in part to the group's inclusive philosophy.

"The thing about UHHU that I love personally is it's a diverse group of students," she says.

Taking part in extra-curricular activities has important implications for a student's emotional well-being and, in turn, their academic success, says Carole Sénéchal, a professor of psychology and education at the University of Ottawa.

"You feel like you're part of a family (and that) you have a place in society but also a place in university," she says.

Recognizing the importance of these kinds of experiences, the University of Calgary became the first university in western Canada to establish a Co-Curricular Record (CCR) in January. The CCR recognizes a student's extra-curricular activities while in school and, paired with the standard course transcript, can give students an extra edge when they apply for a master's degree or look for a job, says Lord.

"It's just another incentive to go out there and get involved with your community," she says.

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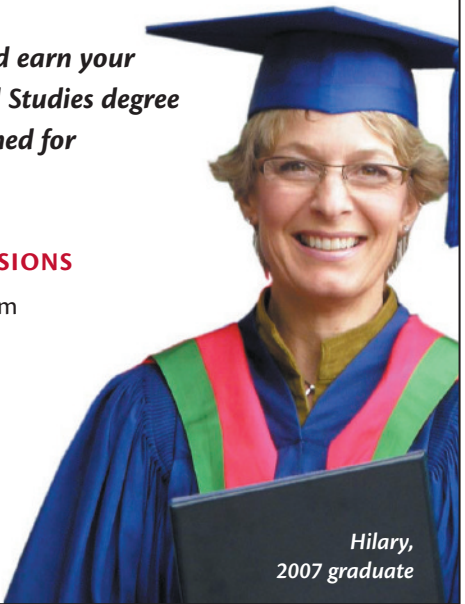

Hilary, 2007 graduate

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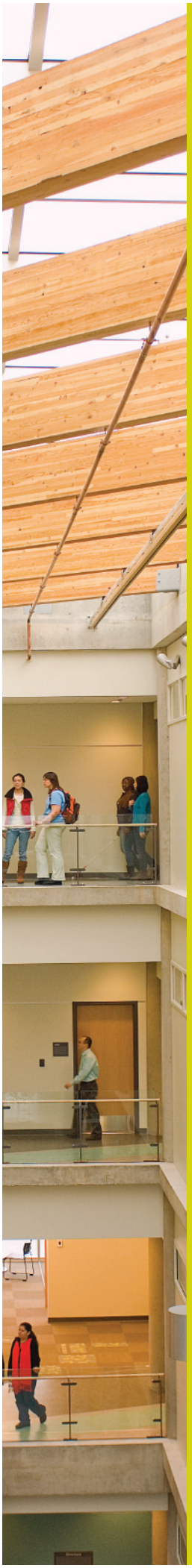

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9 jobs that are promising

Starting salaries in the accounting and finance, information technology (IT), and administrative fields are expected to remain relatively flat or see modest declines next year, but some positions will buck this trend, according to the 2010 Salary Guides from Robert Half International.

In accounting and finance, starting salaries for accounting and finance positions are expected to increase by an average of 0.5 per cent in 2010. Positions with the best prospects include:

Tax accountant: Tax accountants with one to three years of experience at large companies (more than $250 million in sales) are expected to see an average national starting salary in the range of $46,500 to $61,500 US.

Compliance director: The starting salary range for a compliance director at a small company (up to $25 million in sales) is forecast to be $83,750 to $108,500 US.

Credit manager/supervisor: Credit and collections specialists who can evaluate credit risk, manage delinquent payments and help improve cash flow are in demand. Base compensation for credit managers/supervisors working in small companies is projected to range between $42,500 to $57,500 US.

Senior financial analyst: A senior financial analyst at a midsize company ($25 million to $250 million in sales) is anticipated to earn $57,750 to $74,000 US in starting salary in 2010.

National starting salaries for IT roles are forecast to decrease by an average of 1.3 per cent in 2010. But, some of the positions with the best prospects include:

Network administrator: Network administrators can expect to see starting salaries in the range of $54,500 to $80,250 US in the coming year.

Information systems security manager: The salary range for an information systems security manager is expected to be $96,500 to $130,750 US.

System engineer: Base compensation for these professionals is projected to range from $64,250 to $93,250.

Starting salaries for administrative professionals are projected to decrease by an average of 2.2 per cent in 2010. But, positions with the best prospects include:

Medical records clerk: As more hospitals and healthcare organizations transition from paper to electronic medical records, facilities will seek medical records clerks who can help supervise the scanning and processing of patient data. These individuals can expect to earn a starting salary of $23,750 to $31,500 US in 2010.

Executive assistant: Companies with leaner teams are looking for employees to take on a wider range of duties. These individuals are likely to see starting salaries in the range of $35,000 to $47,000.

METRO NEWS SERVICES

Kwantlen's Tireless Runner Endowment Fund was started in 1994.

Fund to aid aboriginal students

DANIEL HENDRIKSEN
for Metro Vancouver

Kwantlen Polytechnic University's Surrey Campus will be holding their second Tireless Runner Fundraiser Dinner and Silent Auction on Friday, Nov. 13.

Kwantlen is an aboriginal word that actually means "Tireless Runner." Approximately 350 aboriginal students are enrolled in various courses at the university.

The Tireless Runner Endowment Fund was established in 1994 to fund awards for aboriginal students attending Kwantlen. The school's First Nations Education Department offers three $750 awards twice a year.

Marilynne Waithman, director of aboriginal initiatives at Kwantlen says the fund is important as it helps reach their financial needs.

"Some aboriginal students can access funding through their bands, but a lot of them live in urban settings and are unaware of this, so that's where the Tireless Runner Scholarship can be quite helpful," she says.

To be eligible for the scholarships, individuals must have aboriginal status, be a full-time student and give something back to the community.

Waithman says the fundraiser will be a nice, white cloth, candlelit dinner with exquisite aboriginal cuisine.

"The food on the menu is something we're really excited about because it's being prepared by Chef Andrew George Jr., the culinary arts manager with Kla-how-eya, which is a local aboriginal social services agency," says Waithman.

The silent auction portion of the evening will feature authentic carvings, jewelry and framed art donated by members of the aboriginal community. Any other donations would also be gratefully received.

The event will also feature a longhouse speaker as MC, a member of the Kwantlen Nation saying a prayer and various other forms of aboriginal entertainment.

The event will take place on Nov. 13 at 5:30 p.m. in the "Surrey Main" Atrium. The reception starts at 5:30 p.m. with dinner at 6 p.m. Tickets are $100.

All funds raised at the dinner and silent auction will be matched by Kwantlen University.

Although the scholarships are exclusive to aboriginals, Waithman says the fundraiser is not.

"Everyone from the community is welcome to attend and we hope they do," she says.

For tickets of more information, you can contact Barbara Gorman at 604-599-3479 or barbara.gorman@kwantlen.ca.

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On-campus market a hit

DANIEL TAM
for Metro Vancouver

Some parents may cringe when they hear about the amount of pizza and burgers their children are consuming while living on university campuses.

Simon Fraser University's Pocket Farmers' Market helps ease those worries by providing students with organic and locally grown fruits and vegetables.

"The main advantage to eating local is nutrition and freshness," said co-ordinator Alaina Thébault. "Local food is so much fresher than what people would get in imported.

"Another great advantage is that you're supporting your local economy," said Thébault.

PHOTO SUBMITTED

A volunteer works at the SFU Pocket Farmers' Market.

The Pocket Farmers' Market is a project of the Coquitlam Farmers' Market and is held on SFU's Burnaby campus every Wednesday from May 13 to Oct. 28.

It differs from typical farmers' markets in that it is smaller in size and enables vendors to sell their goods without having to go up Burnaby Mountain themselves.

The locally grown products are sold on the vendor's behalf at the same rate as other farmers' markets.

Along with fresh produce, the market offers freshly baked bread, free range organic eggs, honey and an assortment of different jams and preserves.

Thébault described this year's market as "incredibly successful" and attributes it to the increasing popularity of eating locally grown food.

"With more discussion around local food and the advantages of eating locally, people are more aware of this movement," said Thébault. "We've seen quite a bit of success."

Although it is situated on campus where there is less traffic in the summer months, Thébault still saw around "400-500 customers come through the market a day."

"We've had an overwhelming response," said Thébault.

The SFU Pocket Farmers' Market will soon close until next May; however, local and organic food can still be purchased at the Coquitlam Farmers' Market.

"There will be a continuation of the Coquitlam Farmers' Market over the winter, which runs every Sunday from 9 a.m. to 1 p.m.," said Thébault. "People who are looking to get more local foods in the winter, and support other vendors."

What's in store

Some of the produce available at the Pocket Farmers' Market and are in season this month include:

- **Fruit:** Apples, blackberries, pears and cranberries, right.
- **Vegetables:** Broccoli, Brussels sprouts, winter squash, peppers and chives.

Squash and peppers, above right, are all available at the Pocket Farmers' Market.

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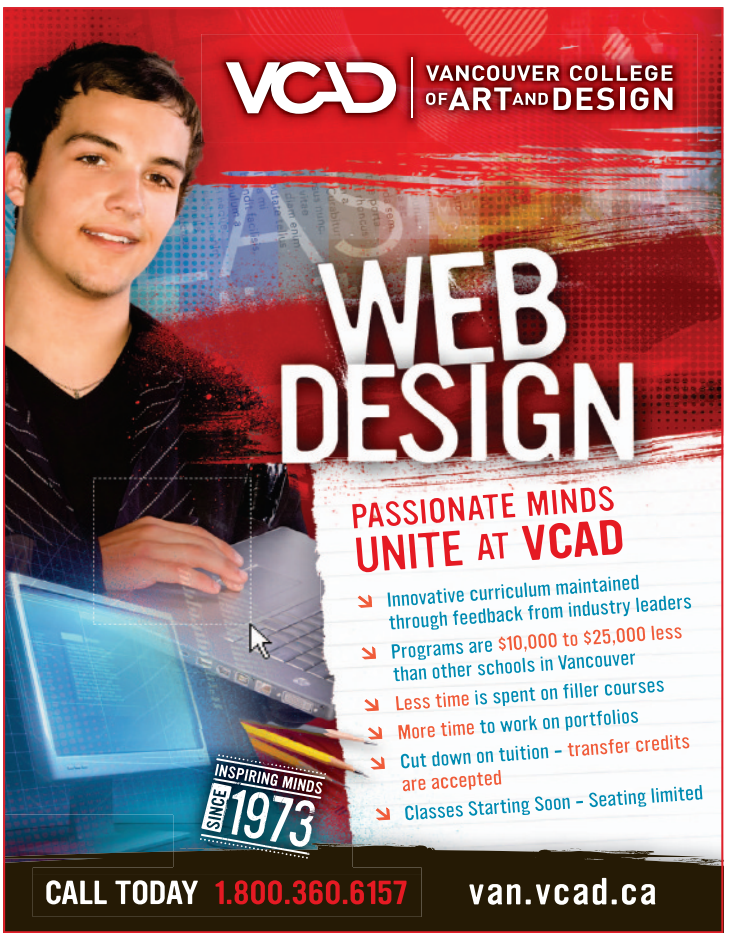

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ECU alumni get top honours

DANIEL HENDRIKSEN
for Metro Vancouver

PHOTOS SUBMITTED

Judson Beaumont's award-winning umbrella cabinet, left, and beaver cabinet with Emily Blue.

Though their inspiration comes from completely different places, Emily Carr Institute of Art and Design alumni Judson Beaumont and Robert Johnston have something very important in common. The two ECU grads were recently named two of the recipients of the 2009 B.C. Creative Achievement Award.

Beaumont is the founder of Straight Line Designs. He was recognized for his brand of quirky, one-of-a-kind furniture, and he says he owes a lot of his success to his time at ECU.

"My training at Emily Carr was absolutely crucial," he says. "Before that, I didn't know what I wanted to do with my life and school was great, I didn't want to leave."

Robert Johnston, an industrial designer and the founder of Tangram Design, agrees that his education at ECU has played a big role in his career.

"Emily Carr has a great Industrial Design program," Johnston says. "I learned everything from prototyping to ergonomic methods to user experience."

Johnston claims his line of work is halfway between sculpting and engineering. He creates cutting-edge products using the latest technology and modern designs. He develops all kinds of products ranging from MRI machines to an electric bicycle.

Johnston originally went to school for economics but changed his career path after looking through some design books. He says his inspiration comes from people like the husband/wife design team, Charles and Ray Eames.

Beaumont, on the other hand, says inspiration for his furniture designs can come from almost anywhere, and it was cartoons that got the ball rolling.

"It was movies like Who Framed Roger Rabbit? and Alice in Wonderland that sparked all that animation for me, and I decided to start bending and twisting my furniture," he says. "And as soon as I started to do that, I got a reaction."

Both men have had their designs sold all over the world and won numerous awards in the past, but each admit winning a BC Creative Achievement Award touches a cord a little closer to home.

"It's a very special award because it's tied to B.C.," says Johnston.

"It's fantastic; I think it's great that we have awards like this here. I know a lot of the past winners, so it's a great feeling," says Beaumont.

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Mid-term stress avoidable

RAFAEL BRUSILOW
for Metro Canada

Mid-terms are coming, but the stress of studying doesn't have to be overwhelming.

Richard Earle, managing director of the Canadian Institute of Stress, says stress is on the up for modern students because more pressures surround them than ever before.

"I think students nowadays are juggling more areas in their lives than in previous generations," he said.

Maintaining a good study-work-life balance isn't easy, so make sure you plan well in advance for any work you need to get done and try to pace your fun side — no one can consistently run on just four or five hours of sleep a night.

While a little stress can be highly motivating — after all, Earle says, stress is just the body's way of providing you with more energy at trying times — the constant influx of nervous energy eventually becomes more than the body can handle. Earle says you should train yourself to spot when you're about to crack and force yourself to de-stress before you go over the edge.

The stress of studying doesn't have to be overwhelming.

"Your body makes you back off eventually, and recognizing that back-off point before it's done to you is about recognizing those early warning signs," Earle said.

Inability to concentrate, undue irritability and even fewer regular trips to the gym can all signal that the stress in your life might be taking over.

Try consciously slowing your breathing for a few minutes, taking a brisk walk or just flopping down for a lazy time-out.

For those sleep-depriving worries, make sure you first pinpoint what it is that's worrying you, whether it's that monster 10-page paper or an upcoming exam.

"What drives stress is uncertainty, and the best way to neutralize worry is to know what you're worried about.

"Focus on the thing that is recurrently worrying and in the short term do something to pull yourself out of it physically," Earle said.

Once you've calmed down, Earle recommends asking yourself a few crucial questions.

"Can I change my situation? If the situation does go badly, what's the worst realistic effect, and if so, what's my plan?"

Keeping a plan of action will keep you focused on the task at hand and not on the stress, Earle says.

Most importantly, force yourself to think positively — after all Earle says most languages have three times as many negative adjectives as positive ones, so you have to fight against nature and really commit to embracing a positive attitude.

"Realistic optimism is a choice. If you don't see very clearly the positive in front of you, then you will overwhelmed by the negative," Earle said.

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Small Business

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NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Family, friends can be investors

JON TATTRIE
for Metro Canada

After you've emptied out your piggy bank, turn to the "three Fs" to fund your start-up business, says Darrell Zahorsky, small business expert for About.com.

The Fs are "friends, family and fools," he says in an email interview. "Tap those close to you who know your track record and believe in you. Be serious about the business and they will seriously consider investing."

Building a base of solid investors is critical. "Be fully invested in your business, emotionally and financially," advises Zahorsky. "Investors want someone who is committed to the business in good times and bad. More importantly, they want to see that you have invested fully in your business. Why should they put their money at risk if you're not willing to do the same?"

Once you're up and running, be smart with how you spend your hard-earned (or hard-borrowed) money.

"The current recession has taught small business the harsh realties of tight money management," he says. "It's all about making your money work for you."

Flashy magazine or TV ads might make you feel great, but may not bring in as much money as the less glamorous process of networking and getting your friends to spread the word, Zahorsky says.

Shawn Cunningham, the manager of financing programs at the Centre for Entrepreneurship, Education and Development in Halifax, sees hundreds of fledgling businesses every year. The first step is a solid business plan, he says. You need that to give your company a map to follow and to convince others that you'll get to your destination if they invest.

CEED works with the Canadian Youth Business Foundation Program, Canada Small Business Financing Program, credit unions and the Atlantic Canadian Opportunities Agency. If you play your cards right, you can get $50,000 to start your enterprise.

Cunningham says it's critical to establish a "buffer of working capital" so if costs run over or revenue is under, the business doesn't run out of financial fuel, seize up and die.

"It's easier to get that upfront than after you get into the business for several months and start running out of cash and you're in scramble mode," he says.

Building a solid business plan is key when you're looking for investors.

'No bad time' to start a business: Experts

ANDREA WOO
for Metro Canada

A number of government initiatives launched this year could be helping small businesses not only survive, but thrive, in the face of an economic downturn.

Julie King is the publisher and managing editor of canadaone.com, an Ontario-based website that focuses on growing and starting Canadian businesses. She says as unemployment rates in Canada were rising, so too were the number of people starting their own businesses.

"There's definitely been an upswing," she said.

Katherine Roos, small business manager for the city of Toronto, agrees.

"Absolutely we see the relationship between the recession, unemployment and business creation," she said. "When there's an economic downturn, there are more people starting businesses to make employment opportunities for themselves."

According to Industry Canada statistics, there were 2.6 million self-employed workers in Canada last year, representing around 15 per cent of all employed workers in the country. The number reached an all-time high of 2.66 million in the fourth quarter of 2008 and decreased slightly to 2.63 million in the first quarter of 2009.

A recent report by BMO Capital Market Economics states that self-employment "has risen sharply during the financial crisis and ensuing recession, but it also reflects the growing number of retirees who shift to self-employment."

"There's actually no bad time, ever, to start a business," said Roos, noting that Disney and Hewlett Packard both started during recessions.

Cerina Wheatland, business adviser at Small Business B.C., emphasizes the importance of researching the market, choosing a good location and having enough capital at startup.

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Thursday, October 22, 2009

7.30 pm to 9.30 pm

Alice MacKay Room, Central Library (350 West Georgia)

RSVP via email is required:

Please RSVP to Mike DePaoli **mike.depaoli@vpl.ca** or Alexandra Youngberg **alexandra.youngberg@cupe391.ca** Because we have a liquor license, this event is invitation only and we need you to RSVP via email.

Each person will receive one drink ticket. B.C. beer and wine will be served to celebrate the oenophiles' cultural collections.

The evening promises to be tremendous fun – and right in the middle of the Writers Festival.

CUPE 391

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cope 491

22 **IBM places senior VP on leave after scandal**

IBM Corp. has placed senior vice-president Robert Moffat on leave after he was charged in an insider trading scandal for allegedly leaking secrets about IBM's earnings. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Compromise in sight on securities regulator?

Ottawa may be able to reach a compromise agreement on a national securities regulator once the Supreme Court of Canada rules on a judicial reference by the federal government, a former Quebec intergovernmental affairs minister says.

Benoit Pelletier, now a University of Ottawa law professor, said yesterday the federal government made a strategically wise move in deciding to ask the country's highest court to rule on the plan before creating the regulator.

Justice Minister Rob Nicholson announced late Friday that the government will seek an opinion from the court on the constitutionality of the proposed Canadian securities legislation that is expected to be ready by next spring.

Pelletier said yesterday he expects the Quebec government will either withdraw its own reference to the Quebec Court of Appeal or that court, which is the highest in the province, will refuse to hear the case.

THE CANADIAN PRESS

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Business in brief

DEFICIT U.S. Federal Reserve chairman Ben Bernanke called for the United States to lower its record-high budget deficits and for countries like China to get their consumers to spend more, moves that would help combat skewed global trade and investment flows that contributed to the financial crisis. THE ASSOCIATED PRESS

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Robert Kiyosaki will not attend this workshop.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Benefit of loonie's rise

AlisonOnMoney
Alison Griffiths
metronews.ca/alisononmoney

Seven years ago the loonie had sunk to 62 cents against the greenback. U.S. holidays, cross-border shopping and online purchases evaporated like a drop of water under a hot sun.

Never again, most declared, would the loonie be at par, or even close to it, with the greenback. We were all reconciled to a 75 or 80 cent Canuck buck — which the economists called "fair value."

Then came not only par but beyond in late November 2007, as the loonie soared to over $1.08 before falling back down to 80 cents. Now, here we are, back in the high 90s. Par is starting to look attainable again.

In the seven years since our currency went from vincible to invincible, lots of people have wondered how to take advantage of the swings. One of the easiest ways is to open a U.S. dollar account.

If you travel to the U.S. frequently, expect to take trips south of the border in the future or are planning a visit to countries like Mexico where the greenback reigns, then it makes sense to convert some loonies now.

Yes, we may rise above par but predicting currency peaks and valleys is something not even the foreign exchange traders do with much success. By purchasing U.S. dollars now you are creating your own mini-hedging strategy, protecting yourself against precipitous drops in the Canadian dollar.

Even if you don't expect to leave Canada, it is still a great time to start a small, U.S. dollar nest egg for online purchases, for example. Another reason to do so is if you have dependent children who may cross the border for shopping, sporting events, holidays or education.

Before you open a U.S. dollar account check the fees. Some banks waive maintenance fees and give you a couple of transactions free each month with a minimum balance of from $200 to $1,000.

Alison's Money Rule:

- You can't predict currency swings but you can benefit from the loonie-greenback roller coaster, regardless of which direction it goes.

Playing the currency game is a high wire act but when the loonie is strong it's an excellent time to put grab some greenbacks for future needs.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Mutual funds still good

Investing
Allan Small
metronews.ca/investing

The three main reasons why I purchase mutual funds for my clients are for diversification, gaining access to professional management and obtaining investments in parts of the world that I have less access to. If an investor has a smaller portfolio whereby it would be difficult to create a diversified portfolio out of individual securities, mutual funds can provide that investor with the diversification they require. Through a mutual fund an investor would not be investing into just one security, therefore lowering their risk.

Allan Small can be reached at asmall@dundeesecurities.com

On the web

Money Matters: Henry Choo Chong talks about transferring shares to a Tax Free Savings Account. Visit metronews.ca/ moneymatters to read his column.

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Online investing can be easy

Online investing has become a powerful tool for investors of all types looking to secure their financial future.

RAFAEL BRUSILOW
for Metro Canada

With the right tools at your disposal, building your online investment portfolio with RBC Direct Investing can be easy.

Jason Storsley, president and CEO of RBC Direct Investing says the most common thing new RBC online investors tell him is how much easier getting started investing online with RBC is than they expected.

"It's probably easier that you thought it would be to build an online portfolio because you're never on your own when you're investing with RBC Investments," Storsley said.

Online investing has come a long way since the days of labyrinthine websites and day-trader frenzies to be a powerful tool for investors of all types looking to secure their financial future.

"The Internet has changed the way people access goods and services and online investing is no different," Storsley said.

The most important changes, Storsley says, have been shifting attitudes towards online investing.

"Online investing has evolved in the sense that now people are looking to it to take more control of their investments. They're looking beyond stock trading to set up an asset mix and meet their long-term financial goals," he said.

An enormous influx of first-time investors into the online investing market has meant a greater need for smarter, more effective tools to help investors meet their needs and RBC has stepped up to the plate.

"Because more and more people without advanced knowledge are entering the space, we've offered a large number of tools to get started," Storsley said.

Online learning modules and "Show Me" video tutorials can help educate you about the ins and outs of online investing, Model Portfolios prepared by RBC experts let you put together a diversified asset mix instantly, and Quick-Start links get you started with confidence.

For new investors still a little queasy about risking their own money, RBC Practice Accounts offer the perfect way to test out online investing without risking real money and, most importantly, let you build the confidence you'll need to be a strong investor.

"You have a risk-free environment to try out all your investment strategies without putting your real money on the line. It's a great tool to build confidence," Storsley said.

Practice accounts let you use all the same tools and resources as a regular account, including model portfolios and screening tools, except you risk no money while being able to see how your investments would pan out in the real world.

Once you're ready to take the plunge into real investing, Storsley says the most important thing you can do is gauge your own investment goals.

"You need to know something about yourself before you start investing. Think, are you a novice investor who doesn't really want to put a lot of time into managing your money, or are you a more sophisticated investor looking to delve deeper into some of the investment options that are available to you?" Storsley said.

To get rolling, you need a plan and RBC can help with online planning tools to help you understand and exploit advanced investing strategies and concepts that will let you achieve your specific financial goals.

"Everyone is going to have investment goals and the way to meet those goals is to have a plan not only tailored to your investment knowledge but also to how much time you want to put into managing your investment portfolio," Storsley said.

Powerful tools provided by RBC include performance indexes and independent research and analyses as well as search tools that let you screen through more than 1,000 mutual funds based on a wide variety of criteria to narrow your choices down to the ideal picks for you. The end result is whatever your goals, you'll have the knowledge and expertise behind you that you'll need to enter the online investing field with confidence.

On the web

- For more on RBC Diret Investing, log on to rbcdirect-investing.com.

"You're never on your own when you're investing with RBC Investments."
Jason Storsley

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Findings on fever prevention
Giving babies Tylenol to prevent fever when they get childhood vaccinations may make the shots a little less effective, new research suggests. The results make "a compelling case" against routinely giving Tylenol right after vaccination, say doctors from the U.S. Centers for Disease Control and Prevention. THE ASSOCIATED PRESS

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Healing cancer from the outside in

Appearance may seem trivial in a life-or-death situation — but it's not

Lipstick, moisturizer and a wig can't cure cancer. But beauty — and beauty products — can help heal wounded self-esteem, which often takes a big hit as patients undergo cancer treatment.

Experts say hair loss, skin discoloration and skin dryness can undermine an already physically difficult and emotionally draining process.

"Some days I didn't want anyone to see me or even have my husband look at me," says Michele VonGerichten, a breast-cancer survivor. "When you are waiting for your hair to grow, you spend a lot of time looking into the mirror, just waiting for a sign that you're going back to normal."

Survivors and counsellors both say the moment a person doesn't recognize herself in the mirror because of physical changes caused by treatment can be one of the lowest points of the process. VonGerichten says the minute she took charge and regained her beauty routine, her spirits improved.

While she hopes never to put on her wig again, she says she'll also never go back to the very long hair that she had before chemotherapy began last March. Her hair is now "a really short version of the Jamie Lee Curtis cut."

VonGerichten is one of 650,000 female cancer patients in the United States to participate in the 20-year-old Look Good, Feel Better campaign, sponsored by the Personal Care Products Council Foundation. Free to any cancer patient, the program offers tips from makeup and hair professionals from across the country on all things cosmetic: Topics include how to style a wig, tie a head scarf, fake eyebrows and even out discoloured skin.

CHRIS USHER/LOOK GOOD FEEL BETTER

Cancer survivor Nancy Lumb demonstrates the transformative power of make-up and fashion.

(In Canada, Look Good Feel Better was launched at Princess Margaret Hospital in 1992, and more than 90,000 women have since participated in its workshops; see lookgoodfeelbetter.ca.)

Appearance might seem trivial in a life-or-death situation, but there are known links between stress and the immune system, notes Katherine Puckett, national director of the mind-body medicine program for the Cancer Treatment Centers of America.

"Looking good helps with confidence, which helps with stress, which helps immunity, which helps treatment," she says. The CTCA works under the guideline that each phase of cancer treatment is connected to another, Puckett explains, and having a beauty salon on site is certainly part of that. Some men will visit the salon, she says, but it is typically women.

Still, once patients are debriefed on the mind-body connection, Puckett says she's never seen anyone who isn't receptive to the idea that improving self-esteem might ultimately improve health.

Paul Moskowitz, chief oncology social worker at Montefiore-Einstein Center for Cancer Care in New York, says he can see the difference when a patient has either attended a Look Good workshop or some other sort of cosmetic counselling.

"I can tell when they've been applying lip product or if they've been fitted for a wig. It's not even in their appearance, but they'll be more talkative and you can see a willingness to express more of their feelings, and that's all part of healing."

THE ASSOCIATED PRESS

Beauty Pearls for Chemo Girls

- Marybeth Maida, a breast cancer survivor, recently teamed with an old friend, Debbie Kiederer, to write the book Beauty Pearls for Chemo Girls (Citadel) and launch a companion website, beautypearlsforchemogirls.com.
- The authors tapped as experts many in the fashion beauty industry they had encountered in their careers as a former journalist (Maida) and retail cosmetics executive (Kiederer), including Oscar Blandi, Oribe and Betsey Johnson.
- Among the best advice, says Maida, is encouraging women to get their natural hair cut short before starting treatment so the transition to baldness — and a wig — won't seem so dramatic. She adds that you can go almost anywhere with a wig, lipstick and sunglasses and you'll look like any other busy woman. THE ASSOCIATED PRESS

"Looking good helps with confidence, which helps with stress, which helps immunity, which helps treatment."
Katherine Puckett, national director of the mind-body medicine program, Cancer Treatment Centers of America

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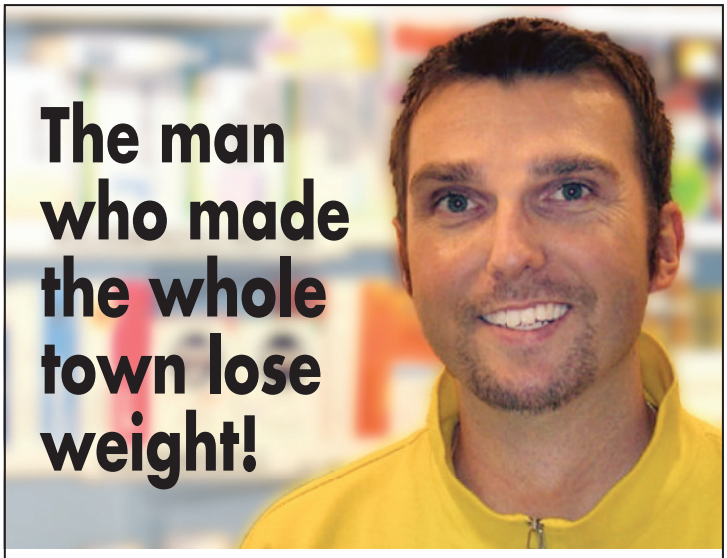


The man who made the whole town lose weight!

In the small town of Ålesund in Norway, people have been introduced to a secret about weight loss that made over 1500 of them lose weight. The man behind the secret is a health food storeowner, who discovered a new and innovative way of using mulberries.

A CUSTOMER ASKED FOR ADVICE

It all began a summer day in 2006 when a customer of Johnny Pettersen asked him for advice about how to eliminate sugar cravings; "I gave my customer a box of New Nordic's Mulberry leaf tablets, because mulberry is well known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. It worked very well!"

THE MULBERRY DIET!

"I recommended mulberry to many of my customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leafs also lead to a lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories.

I increased the dosage and now started recommending two mulberry tablets before each meal. It worked better than I expected! My customers not only controlled their sugar cravings, but also lost significant amounts of weight." says Johnny, and continues: "I recommend customers to follow the program for a minimum of 10 days, in order to also eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a sugar high, if they want to stay slim. With mulberry my customers changed to a healthier diet without even noticing it – they simply didn't crave sugar."

1500 CUSTOMERS LOST WEIGHT

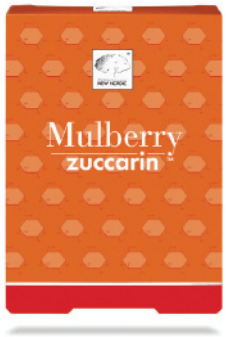
After the success of the first customers, word traveled fast; "In the last 12 months I have worked with over 1500 customers in Ålesund and the surrounding area. Mulberry has been a tremendous success. Once my customers try the tablets they come back, often with friends and family, and buy 4-6 packages at a time – not just one. It is a great business, but even more rewarding because I see my customers coming back happy, healthy and slim", Johnny explains.

AN OLD JAPANESE TRADITION

For centuries, the Japanese have enjoyed the health benefits from mulberry leaf teas, and today we know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

NOW IN CANADA

Scandinavian manufacturer New Nordic has recently launched a mulberry product in Canada, called Mulberry Zuccarin™. The tablets have been developed in Japan in collaboration with mulberry farmers, botanical experts and a reputable Japanese university hospital outside of Tokyo. Each tablet contains 400 mg of pure mulberry leaf extract.



Mulberry Zuccarin™ is now available in Canada at participating:

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Sleeping with the boss: Can you both behave like adults?

The J Spot

Josey Vogels

metronews.ca/thejspot

OK, I know I said a couple weeks ago in the wake of the David Letterman sex scandal that we need to stop caring so much about who politicians and celebrities are sleeping with.

But now it's come out that Jimmy Kimmel may also be having an affair with one of his employees, I feel the need to address the whole sleeping-with-the-boss issue.

Some say bosses and employees shouldn't mix, end of story. The inherent power dynamic makes it unfair and unworkable. Others say if two adults consent to a relationship, it's none of our business — let them sort it out.

My feelings lie somewhere in the middle. Given that most of us spend more time at work than out socially, employer-employee romantic relationships will happen no matter what sanctions or rules we put in place to try and stop them.

And let's face it: Older, more experienced people in positions of authority are exciting, especially when you're young, inexperienced and without much power. The problem is, things can very quickly go from: "Woohoo, I'm sleeping with the boss; I can do no wrong" to, "It's over, I'm suddenly powerless again — and I still have to be nice to the jerk in order to keep my job."

"For starters, both parties need to be honest about their motivations."

So, while forbidding employer-employee relationships isn't realistic, these kinds of relationships inherently come with a completely different set of playing cards. And rather than be scandalized by them or try to stop them, I think it would be far better to admit these relationships happen and educate people about how to handle them responsibly.

For starters, both parties need to be honest about their motivations. As the boss, are you getting involved with an employee just because you wield the power to get away with it? If things don't work out, can you be civil and fair or will you make his/her work life miserable?

As the employee, are you doing it to get ahead? Are you prepared for the judgment from colleagues who may feel you'll get preferential treatment?

Because unless you're both honest and realistic about the added complications or fallout that almost inevitably result from an employee-employer relationship, you'd better be prepared to fold early in the game.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Beauty picks: Dry skin solutions

I've had occasion lately to test out dry-skin antidotes: After four fashion weeks of little sleep and radically different climates, I came back home feeling rather dry and scaly. So I had to drastically change my skin regimen. In addition to guzzling umpteen bottles of water, I've started using these dry-skin antidotes.

Estée Lauder Hydra Complete

The brand claims that it's vitamin B-derived Hydra-Insulation technology helps your skin immediately adjust to temperature and climate changes.

Since I've started using it, my face feels hydrated and non-greasy in such a way that I don't think about my face at all (no afternoon checks in the mirror to see if I'm looking oily or scaly). And that's really what we all want at the end of the day, right?

Kiehl's Lip Balm

I generally switch between Rosebud Salve and Kiehl's Lip Balm depending on the season. Kiehl's, which is a bit heavier, has sorted out my post-fashion week dehydration ills lovely. I've even started putting on a light coat of the balm before bedtime.

Boscoa Intensive Eye Treatment

This green eye cream has a range of natural ingredients including rice bran oil (counteracts damage from UV rays), ivy extract (helps smooth out fine lines) and a blend of jojoba leaf and willowherb (reduces redness and puffiness). The area under my eyes is no longer looking sallow, so I'm happy — though it's impossible for me to know if that's because of the eye cream or if it's because I'm getting more sleep now.

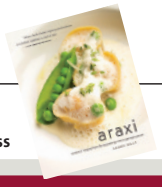
KENYA HUNT/ METRO WORLD NEWS

Subjects needed for diabetes study

RESEARCH Does lifting weights help people with type 1 diabetes? The READI trial (Resistance Exercise in Already-Active Diabetic Individuals) is currently underway in Calgary, Ottawa, Toronto and Winnipeg. Investigators are hoping to enrol 128 people to find out if resistance training, along with aerobic exercise, will help type 1 diabetics to control their blood sugars. For details, contact MaryAnn Clearwaters at 403-955-8115 or MaryAnn.Clearwaters@albertahealthservices.ca.

CELIA MILNE/FOR METRO CANADA

Best in Canada
Celebrity chief Gordon Ramsay has described it as the best restaurant in Canada. Now home cooks can try to replicate what Ramsay describes as the "divine" food at Araxi, in Whistler, B.C., with the help of new cookbook Araxi by the restaurant's executive chef, James Walt. THE CANADIAN PRESS



Food

The Slow Cooker Collection, the newest book from the Canadian Living kitchen, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. See recipes below for a first taste.

CANADIAN LIVING

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

From chilis to curries, take it slow

Slow cookers deliver reliable, delicious meals with ease

There's a love affair between Canadians and their slow cookers. I've heard them called everything from a "lifesaver" to a "marriage saver."

While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even makes drinks, comfy desserts, dips and spreads.

Sun-Dried Tomato and Artichoke Dip

This is a perennial party pleaser, one that's easy to make with pantry staples. Serve with a variety of crackers, pita chips and vegetables.

MAKES 3 CUPS

INGREDIENTS:

- 1 can (14 oz/398 ml) artichoke hearts
- 1 pkg (8 oz/250 g) cream cheese, cubed and softened
- 1/2 cup (125 ml) each sour cream and mayonnaise
- 1/4 cup (50 ml) grated Parmesan cheese
- 1/4 cup (50 ml) chopped drained oil-packed sun-dried tomatoes
- 1 clove garlic, minced
- 1/4 tsp (1 ml) pepper
- 2 tbsp (25 ml) chopped green onion

METHOD:

Drain artichoke hearts; pat dry and chop. Add to 1 1/2-quart (1.5 L) slow cooker along with cream cheese, sour cream, mayonnaise, Parmesan, sun-dried tomatoes, garlic and pepper; stir to combine.

Cover and cook on low, stirring twice, until blended and hot, about 2 hours. Sprinkle with green onion.

Chicken Squash Curry, a recipe from The Slow Cooker Collection by Canadian Living.

Chicken Squash Curry

MAKES 4 SERVINGS
PREP TIME: 8 MINUTES
COOK TIME: 26 MINUTES

INGREDIENTS:

- 2 tbsp (25 ml) vegetable oil
- 1 lb (500 g) boneless skinless chicken thighs, cubed
- 1 onion, chopped
- 2 hot green peppers, seeded and chopped
- 2 cups (500 ml) cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 tbsp (45 ml) mild Indian curry paste
- 1 can (28 oz/796 ml) diced tomatoes
- 1/4 cup (50 ml) chopped fresh coriander

METHOD:

In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.

In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.

Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.

Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

Use a Dutch oven for this recipe

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For more Tested-Till-Perfect recipes, visit canadianliving.com

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Getting Corked

If you liked Sideways — the novel that became a hit movie about two buddies road tripping thier way through the vineyards of California's Santa Barbara County — then you're going to enjoy Kathryn Borel Jr.'s new book Corked.

Subtitled a memoir, it's a funny, well-written tale of a daughter, a father, their tour of France's famed wine regions and, of course, copious amounts of fermented grape juice that all reads tailor-made for the big screen.

Borel Jr. discovers as much about wine as she does about her dad on their journey, which got me thinking about which French wines would make the best introduction to some of that country's more complicated geography.

In Corked, the pair vist the Rhone Valley's famed Châteauneuf-du-Pape, and **Père Anselme's La Fiole du Pape ($39.95 - $43.99)** is a balanced, non-vintage red that offers a good dark berry interpretation of the appellation (perfect for gamier meats and heartier sauces) that comes in one groovy crooked bottle.

They also hit Burgundy where chardonnay rules the white vines. **Louis Latour's 2007 Bourgogne Chardonnay ($15.95 - $20.99)** sees no oak so it's all about bright, up-front fruit which makes it a fine partner for scallops and braised pork.

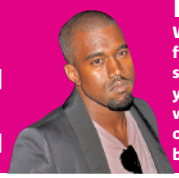
Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Matthews, Chesney duet

Dave Matthews will join Kenny Chesney for a duet at this year's CMA Awards. Last week, it was announced that Daughtry — along with Vince Gill — would perform on the show, which airs Wednesday, Nov. 11. PEOPLE.COM

Entertainment



Kanye acts

We Were Once a Fairytale, a short film directed by Spike Jonze and starring Kanye West, was released yesterday. The movie shows West walking around a club while one of his songs plays in the background. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

A day in the life of

Model Rocha claims she's just a normal working girl

At just 21-years-old, Vancouver-born supermodel Coco Rocha is one of the world's top-earning fashion models.

ELISABETH BRAW
for Metro Canada

Coco Rocha is the woman every girl dreams of becoming.

She's one of the world's top-earning supermodels. She's modeled for fashion houses like Marc Jacobs, Versace, Prada, Chanel, Louis Vuitton and Dolce & Gabbana. She's been cover girl for Harper's Bazaar and W. For Vogue, she's appeared on many international editions.

Did we mention she's only 21? Rocha, born Mikhaila Rocha in Vancouver, was discovered by a talent scout at age 14. She's the co-producer, with fashion website Modelinia.com, of She's a Genius, a new music video celebrating fashion that's set to JET's song with the same name from their just-released album Shaka Rock.

Q She's A Genius shows a day in your life.

What's a day in your life really like?

A I leave for work, take pictures, and go back home. It's not that glamorous. Sometimes I go to movies or go out for dinner. It's the life of a normal working girl.

Q What does it take to become a supermodel?

A You just have to be yourself. A lot of girls can't say no, but the most successful models are the ones who stick to their values. Many up-and-coming photographers put a lot of pressure on models, but more experienced photographers don't.

Q Backstage photos usually show models smoking. How do you pass the time backstage?

A I read books. I'm an old romantic type; I read books like (Jane Austen's) Sense and Sensibility. Right now I'm reading The History of Love.

Q What is models' unhealthiest habit?

A I don't like to comment on other people's habits. But smoking doesn't make you any more successful in this business. Neither does not eating.

Q How do you stay in shape?

A I eat a lot of fruit and salads. I have a dancer's body, which is more muscular, I have to be especially careful with what I eat before shows. Muscles don't look good on photos. You just look fat.

Q You were discovered by a model scout at an Irish dance competition, and in 1997 you opened a Jean Paul Gaultier show with an Irish dance.

Why is dancing important to you?

A When younger models ask me for advice about the business, I always tell them not to surround themselves with people from the fashion business 24/7. For me dancing is an outlet, so when I'm frustrated with modeling I dance. It's very good for you to have a passion outside of modeling.

Q Is there any advice you can give to young girls?

A If you don't love it, don't do it. Stick to your moral values. People will respect you, and you will respect yourself. Don't look at magazine covers and say "I want to look like her." That's what I think when I see photos of myself, too! People don't realize how much editing goes into fashion photos.

DVD picks

Transformers: Revenge of the Fallen

Director: Michael Bay

MICHAEL BAY'S second Transformers saga delivers full-bore "Bayhem" like a brick to the forehead, with some tender love on the side, making this either the biggest blockbuster of summer '09 or history's loudest romance.

Watching this movie is akin to lying on the tarmac at Pearson International while a revving Airbus A380 rolls over you. A decoder wheel might have been helpful, since there are almost too many characters and too much plot in this film.

The relatively modest (by Bay standards) battle of the first Transformers is now all-out robot rumpus, with many more locations and a cast of clankers that will likely befuddle anyone who doesn't have a propeller attached to his beanie.

Whatever Works

Director: Woody Allen

THE WORLD makes no sense, even for a self-proclaimed genius like Boris Yellnikoff (Larry David). He admits he's no expert, though, because he bungled his own suicide.

If you don't see the humour, you're not likely to get Woody Allen's latest, his return to Manhattan (but not to full comedic form) after several years cinematically touring England and Spain.

Working a leftover script from the 1970s, around about the time of his own life embitterment, Allen finds kinship in Boris and his dyspeptic mood. At least Boris is funny about it.

A little sour lemon goes a long way, and Whatever Works threatens at first to choke on its own cynicism. Then Boris meets Melody (Evan Rachel Wood), a sweet but dumb-as-dirt Mississippi runaway looking for a fresh start in New York.

If there's a message, it's that we're all here for just a short time, so we might as well enjoy ourselves even if nothing makes sense. In other words, whatever works.

As per usual with a Woody Allen DVD, there are no extras.

Peter Howell for Metro Canada

Littrell back after flu attack

Just a week after catching the swine flu, Backstreet Boys' Brian Littrell is back to work! "I was pretty freaked out," he said. The infamous illness hit him just one day before the release of the boy band's new album, This is Us. INTOUCHWEEKLY.COM

Eugene Levy lately: Heard and not seen

Movie **feature**

STEVE GOW
for Metro Canada

Eugene Levy has all but disappeared from appearing on film. The SCTV legend — who's memorable on-screen creations include nightclub hack Bobby Bittman or well-intentioned Jim's Dad from the American Pie film franchise — has been hiding in a recording studio quite a lot lately.

"Evidently, no one wants to see my face," joked the Canadian funnyman during a recent interview to discuss his latest role in the computer-animated family film, Astro Boy. It's the star's third voice-appearance in a movie in as many years.

"The odd thing about this kind of work is you've got to go in with an empty head and be prepared to give (the filmmakers) whatever they want," said Levy of his recent ventures in voice-acting. "The very first animated thing I did, I remember going in and looking at the pages and then preparing and studying and figuring, 'Okay, I'm going to give them something different here.'

"Then you go in and you give it to them and they say, 'Well, that's wonderful and now try it this way' and then you realize that you're going to go through 10, 15, 20 variations on every line."

Lucky for Levy, his extensive experience as one of the writers and actors behind the heavily-adlibbed comedy hits Best in Show and A Mighty Wind (for which he actually won a Grammy Award) have added value in the voice booth.

"I'm a character actor and I get the supporting roles — and even in the animation, they're supporting roles — which means there's really more flexibility to go off-script."

In the case of Astro Boy, Levy plays Orrin, a neurotic, bumbling android-servant to young Toby, the enigmatic little boy who turns into a robotic superhero. "You can't beat a good superhero," said Levy when asked about the ongoing popularity of the Japanese character, which first appeared in a 1951 comic. "This is a robot who is created in the likeness of a little boy and he's got human feelings … for this kind of an audience, you can't really beat that as your hero — a little guy who can kick ass and he's got a heart of gold."

Canadian funnyman Eugene Levy voices Orrin, seen on the poster in the background, in the upcoming Astro Boy.

Astro Boy opens Friday

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In **brief**

TRIAL The father of Anna Nicole Smith's daughter says he was criticized by a prosecutor for his testimony about the role Smith's former boyfriend had in her medication. Larry Birkhead was questioned about the incident by a defence lawyer before his testimony resumed yesterday in a preliminary hearing that will decide if Smith's former boyfriend, Howard K. Stern, and two doctors will face trial. They are accused of illegally giving the former Playboy model controlled substances.

BOOK Wyclef Jean is working on a memoir. The solo star and former frontman for The Fugees is collaborating with Rolling Stone writer Anthony Bozza on a book — currently untitled — to be published by It Books, an imprint of HarperCollins. Financial terms weren't disclosed and a release date hasn't been set.

THE ASSOCIATED PRESS

GlobalStyle
Kenya Hunt
Read Kenya exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

primetime 10/20/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica "Yes We Can" (N)		CBC News: The National (N)		The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Canada Top 4. (N) (CC)				Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Masonic Legends"		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Code of Conduct" (N)		NCIS: Los Angeles "Killshot"		The Good Wife "Crash" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Monk (CC)		Dancing With the Stars (CC)		(:01) Wife Swap (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 "Unmasked" (N) (CC)		Melrose Place "Windsor" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Code of Conduct" (N)		NCIS: Los Angeles "Killshot"		The Good Wife "Crash" (N)		KIRO News
	287	379	16 NBC	King County Debate		The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		10 Years
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Shark Tank (CC)		Dancing With the Stars (CC)		(:01) the forgotten (N) (CC)		KOMO 4 News
	-	-	22 KVOS	M*A*S*H	Seinfeld	Black Cloud ★★ (2005, Drama) Eddie Spears, Julia Jones.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova "Lizard Kings" (N)		Frontline "The Warning" (N)		Independent Lens (N) (CC)		P.O.V. (CC)
	290	382	23 FOX	MLB Baseball	Cops (CC)	Malcolm-Mid.	Scrubs (CC)	King of Hill	Family Guy	Q13 FOX News at Ten (N)		Family Guy
	-	364	45 PBS	Frontline "The Warning" (N)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Lizard Kings"	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Bring Wall St	Hatchett	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	90210 "Unmasked" (N) (CC)		Melrose Place "Windsor" (N)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	66 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	26 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
news	500	500	63 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball		Sportsnet Connected (Live)		The Ultimate Fighter		Sportsnet Connected		UEFA Soccer
sports	400	400	60 TSN	SportsCentre (Live) (CC)			Off the Record	World Poker Tour: Season 7		Motoring 2009	Rally	SportsCentre
sports	411	457	49 OLN	Ghost Hunters "Tombstone"		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters "Tombstone"		Bounty Hunter
sports	410	403	24 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
sports	417	406	25 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Jacked!
sports	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	29 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
family	555	545	60 TEL	Scooby-Do	Aloha, Scooby-Doo The gang goes to Hawaii.			Futurama	King of Hill	American Dad	Futurama	Chicken
family	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
family	553	546	56 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon Snail.	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		First Australians (N) (CC)		Deliver Us From Evil ★★★ (2006, Documentary) (CC)				Finding Hope
cable variety	575	583	20 CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
cable variety	570	580	21 MM	MuchNews	My Date	One Tree Hill (CC)		Starmaker		MuchNews	Love Court	Spotlight
cable variety	600	564	25 H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
cable variety	615	520	31 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(:01) The First 48 (CC)		Parking Wars	Parking Wars	Parking Wars
cable variety	628	584	32 SPKE	UFC Unleashed (CC)		Surviving Disaster (N)		DEA "Flip The Stripper"		CSI: Crime Scene Invstgtn.		Trek: Voyager
cable variety	521	560	41 TLC	Little Couple	Little Couple	18 Kids and Counting (CC)		18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Ultimate Cake
cable variety	616	522	39 SHO	The Outer Limits (CC)		Tell Me No Lies (2007) Kelly Rutherford, Kirsten Prout. (CC)				Bones "Aliens in a Spaceship"		NCIS (CC)
cable variety	620	523	40 BVO	Hank Williams Show		Law & Order "Bailout" (CC)		Without a Trace "Stolen"		The Opposite of Sex ★★★ (1998) (CC)		
cable variety	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
cable variety	520	505	42 DIS	American Loggers (N)		Daily Planet (CC)		Destroyed	Destroyed	American Loggers		How It's Made
cable variety	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
cable variety	627	528	45 SPC	Fringe "Dream Logic" (N)		InnerSpace	Stargate SG-1 "Solitudes"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
cable variety	294	650	47 TBS	The Office	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Not Another Teen Movie ★ (2001, Comedy)		
cable variety	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits "Deja Vu"		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
cable variety	603	561	52 FN	Good Eats (N)	Good Eats (N)	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
cable variety	-	-	53 AMC	(5:00) Top Gun	Stripes ★★ (1981, Comedy) Bill Murray, Harold Ramis, Warren Oates. (CC)					Mad Men "The Color Blue"		Jewel of Nile
cable variety	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham: Arguing		Daily Show
cable variety	320	621	60 CEN	(6:25) Banshee ★ (2006) (CC)		Amusement (2008, Horror) Katheryn Winnick.				Moscow Zero (2006) Vincent Gallo. (CC)		Lost Boys
cable variety	581	566	101 MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
cable variety	261	394	102 V	Unscripted (N)	I Prophesy	Poltergeist: The Legacy		The Buddy Holly Story ★★★ (1978) Gary Busey, Don Stroud. (CC)				
cable variety	-	-	103 MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Jeff Dunham: Arguing With Myself

If you thought ventriloquism went out with "The Ed Sullivan Show," you haven't caught Jeff Dunham's act. And you should. He's a very 21st-century ventriloquist with a stable of "partners" that incudes Bubba J, the ultimate NASCAR fanatic, and Sweet Daddy Dee, the manager with the mostest — street smarts, that is. Those are the new additions; those who are already fans will be glad to know that Peanut, Walter and Jose Jalapeno are still around. 10 PM on COM

Being Erica

Couldn't we all use one of these — a chance to relive a bad day and try to get it right? In this new episode, that's just what Dr. Tom (Michael Riley) gives Erica (Erin Karpluk) — a consequence-free do-over day. She has the time of her life, but she soon comes to realize that there's a reason choices should have consequences. Sebastian Pigott also stars in "Yes We Can." 9 PM on CBC

What's hurting Jen?

Jennifer Love Hewitt and Jamie Kennedy aren't breaking up, despite a recent report that suggested Kennedy was still hung up on former flame, Shannon Funk. "I'm not going to lie — it's not annoying, it's hurtful," Hewitt told People about the rumours. **POPEATER.COM**

Celebrity Buzz

Celebrity tweets

Marlee Matlin is having trouble with subtitles, Jamie Kennedy has some trouble with young eaters and Spencer Pratt sees opportunity in current events.

• @MarleeMatlin
I'm going to be like my pal Lou Ferrigno and go all Hulk on Netflix. No captions on a doc about the Deaf? OUTRAGEOUS! MAKE NOISE!

• @jamiekennedy
kids shouldn't be allowed to eat in public, until they learn to not throw donuts

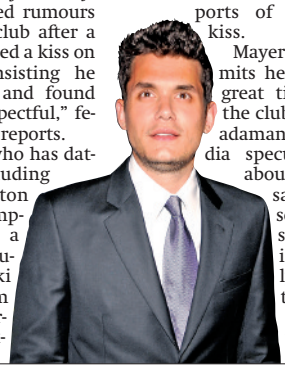
• @spencerpratt
these balloon boy parents should have just waited one more month to buy SPEIDI - HOW TO BE FAMOUS BOOK! try to get fame without is dangerous

METRO NEWS SERVICES

Mayer 'had a blast' at gay bar, but no kiss

SMOOCH CENTRAL John Mayer has dismissed rumours he fled a gay club after a partygoer planted a kiss on his lips — insisting he "had a blast" and found the crowd "respectful," femalefirst.co.uk reports.

The singer, who has dated stars including Jennifer Aniston and Jessica Simpson, enjoyed a night out at Toucan's Tiki Lounge in Palm Springs, California last weekend but was hit with reports of a gay kiss.



Mayer admits he had a great time in the club but is adamant media speculation about a same-sex smooch is totally untrue.

In a post on his Twitter.com page, he writes, "Rumour check went to gay bar in Palm Springs, yes. Had a blast. Danced my face off. Someone there planted a kiss on me? No.

"I don't like the story painting gays as unable to control themselves. Found the crowd even more respectful than in a straight club. You know who the most flamboyant crowd is? Straight, drunk girls. They're like a bunch of little Charles Nelson Reillys."

METRO NEWS SERVICES

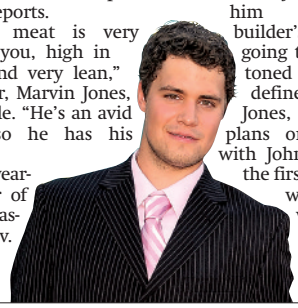
Levi's workout bad news for wildlife

MOOSE FOR MUSCLE How does Levi Johnston keep to the high-protein diet he needs to prepare for his upcoming Playgirl photo shoot? With a rifle, people.com reports.

"Moose meat is very good for you, high in protein and very lean," his trainer, Marvin Jones, tells People. "He's an avid hunter, so he has his own."

The 19-year-old father of former Alaska Gov. Sarah Palin's grandchild has adopted a 3,500-calorie low-carb diet as part of a grueling regimen to ready him for next month's photo shoot.

"I'm not trying to give him a body builder's look. He's going to be more toned and more defined," says Jones, 46, who plans on training with Johnston until the first or second week of November.



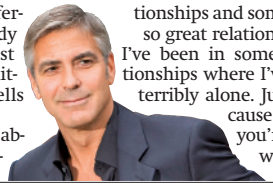
METRO NEWS SERVICES

Clooney's relationships like anyone else's

JUST ANOTHER GUY Despite his high profile and list of glamorous ex-girlfriends, George Clooney insists he's just like anyone else when it comes to relationships.

"I don't think my experiences are any different than anybody else's, they've just been amplified a little more," he tells the Mirror.

"I've had some absolutely great relationships and some not so great relationships. I've been in some relationships where I've felt terribly alone. Just because you're with someone, it doesn't mean you're incredibly happy and complete."



And just like anyone else, he says, he's had his share of breakups.

METRO WORLD NEWS

Perfume drama? Smells like LiLo

IT'S THE CAKE Lindsay Lohan caused a ruckus recently at a Victoria's Secret fragrance party, mistaking a cake in the shape of a perfume bottle for an actual perfume bottle.

METRO WORLD NEWS

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Today Variable 40% 13°/10°
Wednesday Rain 90% 13°/9°
Thursday Showers 40% 13°/10°

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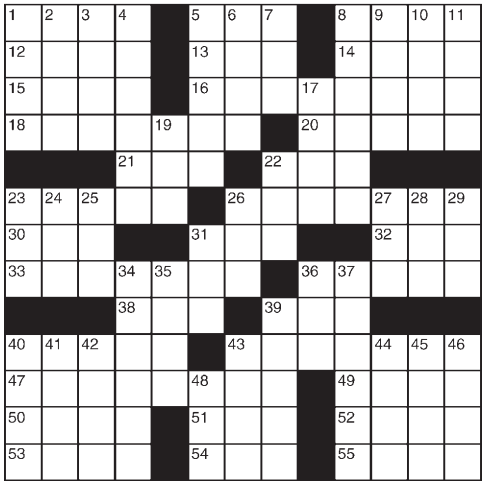
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Help in wrongdoing
5 Resort
8 Put together
12 Exceptional
13 Greek cross
14 Acknowledge
15 Dogged determination
16 Make clutter-free
18 Grove
20 Mississippi, e.g.
21 Antlered animal
22 Have a bug
23 Yonder
26 Disney World site
30 Symbol of intrigue
31 Shade tree
32 "Alley —"
33 Circled the Earth
36 Criticizes cleverly
38 Solidify
39 Cod piece?
40 Nary a soul
43 Husband of Eurydice
47 Plain
49 Wheelbase terminus
50 Glaswegian, for one
51 Work with
52 Queue
53 Maneuverable, to an old salt
54 In favour of
55 Airport schedule data (Abbr.)

DOWN

1 Jason's ship
2 Roseanne of comedy
3 Leif's father
4 Leash
5 Baby bird?
6 Crony, out West
7 Summertime abbr.
8 Envelope material
9 Tel —
10 Take a nap
11 Basin accessory
17 Seed covering
19 Pub order
22 Branch
23 Pair
24 That girl
25 Recede
26 Antiquated
27 "Smoking or —?"
28 Pooch
29 Chances, for short
31 Slithery swimmer
34 Set afire
35 Adolescent
36 Energy
37 Admit oxygen
39 Deep-fat device
40 Inquisitive
41 Killer whale
42 Smell
43 Approximately
44 Way out
45 Radius' neighbour
46 Witnesses
48 "— Wiedersehen"

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6		1				8		4
	9		8		7		3	
4								5
		8	1		3	5		
	5						1	
		3	2		4	7		
3								6
	2		4		6		9	
9		6				3		8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	9	7	6	5	2	1	8	3
1	3	2	9	7	8	5	4	6
8	5	6	3	1	4	2	7	9
7	8	5	1	9	6	4	3	2
2	6	4	8	3	5	7	9	1
9	1	3	4	2	7	8	6	5
6	7	1	5	4	9	3	2	8
5	2	9	7	8	3	6	1	4
3	4	8	2	6	1	9	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Southwestern Corn Chowder

INGREDIENTS:

4 boneless skinless chicken breast halves, cut into 3/4-in. (2 cm) cubes
1 medium onion, cut into thin wedges
1 tbsp (15 ml) vegetable oil
2 tsp (10 ml) ground cumin
2 cans (14 oz./398 ml each) chicken broth
1 package (10 oz./300 g) frozen corn
3/4 cup (175 ml) picante sauce
1/2 cup (125 ml) chopped sweet red pepper
1/2 cup (125 ml) chopped green pepper
2 tbsp (25 ml) minced fresh cilantro
2 tbsp (25 ml) cornstarch
2 tbsp (25 ml) water
Shredded Monterey Jack cheese

METHOD:

1. In 3-qt. (3 l) pot, cook chicken and onion in oil until chicken juices run clear. Stir in cumin. Add broth, corn and picante sauce; bring to boil. Reduce heat; cover and simmer 15 minutes. Stir in peppers and cilantro.
2. Combine cornstarch and water until smooth; stir into soup. Bring to boil; cook and stir 2 minutes or until slightly thickened. Spoon into bowls; top with cheese.

SERVES 7

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There may be challenges aplenty in your life but the planets indicate that you need to pick your challenges carefully.

TAURUS ♉
APRIL 21-MAY 21
Try not to make decisions for others today because no matter how well intentioned they may be they won't be appreciated.

GEMINI ♊
MAY 22-JUNE 21
Someone you meet socially will open your mind to new possibilities. One little shove will take you off on a brand new adventure.

CANCER ♋
JUNE 22-JULY 22
You need to balance your desires with a large dose of common sense. The planets warn you could easily be fooled today.

LEO ♌
JULY 23-AUG 23
You should know by now that the best way to help yourself is to help others and what happens next will provide you with opportunities.

VIRGO ♍
AUG 24-SEPT 22
Did something go wrong for a particular reason? Or was it just one of those things that no amount of preparing and planning could prevent?

LIBRA ♎
SEPT 23-OCT 23
The pace of life may not be so hectic physically now but your mind is moving faster than ever.

SCORPIO ♏
OCT 24-NOV 22
Something happened recently that looked like a setback, but now you can see it makes very little difference to your long-term plans.

SAGITTARIUS ♐
NOV 23-DEC 21
Have faith in your own ideas even if they turn people against you: It is inevitable when coming up with new ways of looking at the world.

CAPRICORN ♑
DEC 22-JAN 20
If you want to make a name for yourself now is the time to stop thinking and start doing those things that will get you noticed.

AQUARIUS ♒
JAN 21-FEB 18
Today's Mercury-Jupiter link-up gives you a huge advantage in that it helps you see things way ahead of everyone else.

PISCES ♓
FEB 19-MARCH 20
You are too close to a situation emotionally to be able to take a rational view of how what needs to be done to make it go better.

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This day in history

1818: The Convention of 1818 signed between the United States and the United Kingdom which, among other things, settled the Canada – United States border on the 49th parallel for most of its length.
1944: The Soviet Army and Yugoslav Partisans liberate Belgrade, the capital of Yugoslavia.
1947: The House Un-American Activities Committee begins its investigation into Communist infiltration of Hollywood, resulting in a blacklist that prevents some from working in the industry.
1968: Former First Lady Jacqueline Kennedy marries Greek shipping tycoon Aristotle Onassis.

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$699
Taxes & other fees (including service charges): $131

Cancun / Riviera Maya
Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 23 • 1 wk.
$1169
Taxes & other fees (including service charges): $243

Varadero
Iberostar Laguna Azul • 4 1/2★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1839
Taxes & other fees (including service charges): $212

Maui, Hawaii
Aston at the Maui Banyan • 3★
One-bedroom / one-bath standard suite
Dec. 4 • 1 wk.
$949
Taxes & other fees (including service charges): $131

Ixtapa / Zihuatanejo
Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1429
Taxes & other fees (including service charges): $268

Punta Cana via Calgary
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Feb. 2 & Mar. 2 • 1 wk.
$1469
Taxes & other fees (including service charges): $304

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 10 – 31 • 1 wk.
$1139
Taxes & other fees (including service charges): $266

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Jan. 1 – 22 • 1 wk.
$1259
Taxes & other fees (including service charges): $212

Turks and Caicos via Toronto
Royal West Indies • 4★
Studio botanical view
Nov. 21 & 22 • 1 wk.
$1339
Taxes & other fees (including service charges): $238

DEAL to EUROPE

London
Hotel Ibis London Earls Court • 3★
Breakfast
Standard rm. special
Dec. 4 & 8 – 11 • 4 nts.
$827
Taxes & other fees (including service charges): $474

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Sunset Jamaica Grande Resort & Spa • 4★
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Dec. 25 • 1 wk.
$1599
Taxes & other fees (including service charges): $260

Gran Bahia Principe Jamaica • 4 1/2★
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Taxes & other fees (including service charges): $260

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